





# SOUTH CALGARY UNITED CHURCH

Corner 16th Street and 30th Avenue S.W.



Pastor:

REV. WM. MacKENZIE



## CHURCH SERVICES

Morning Service—11 a.m.

Evening Service—7.30 p.m.

Sunday School—3 p.m.

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This book is printed under the auspices of  
**SOUTH CALGARY UNITED CHURCH LADIES' AID**

— 1925 —

President . . . . .	Mrs. W. Worsnop
Vice-President . . . . .	Mrs. F. J. Jones
Treasurer . . . . .	Mrs. W. Jacobs
Secretary . . . . .	Mrs. W. G. Cole
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This Book is dedicated to the  
memory of the late Mrs. Joseph  
Brown, of this church.

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Emerson, the great essayist, gave to us the following injunction:—"Write it on your heart, that every day is the best day in the year"; and surely it would be good advice to follow.

Amid the tedious and humdrum duties that attend the housewife, the question often arises: "Of what use is it all, after taking everything into consideration, is life worth living?" and the answer will come back in the light of the words of that great man, "Yes, life is worth living, and worth living a great deal better than I have lived it."

It is hard sometimes to think that in ministering to the material wants of the household, that one is fulfilling any very important part in this great scheme which we call "Life," and yet it is.

In the "trivial round and common task" that our Father furnishes, all that we can ask, and so often it does indeed prove to be, that in following in this humble way, "it is a road that leads us daily nearer God," and it is with these thoughts in mind that I dedicate this little Book of Helpful Hints to those into whose hands it is privileged to come.—J.E.W.



#### AN APPRECIATION

It is due to the business people of Calgary who have supported this book, also to the President and members of the South Calgary United Church Ladies' Aid, Miss S. Hicks, Mrs. Alex Robertson, Mrs. W. G. Cole and many others who have so kindly contributed their recipes, that its publication was possible.

To all these may the thanks of those benefitted be tendered, and may the proceeds advance our worthy cause.

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## **CAKES**

### **WHITE FRUIT CAKE**

2 cups bar sugar, 1 cup butter (cream together),  $3\frac{1}{2}$  cups flour,  $\frac{1}{2}$  lb. shelled almonds, blanched, 1 cup sweet milk, 2 teaspoons baking powder, whites of 5 eggs,  $\frac{1}{2}$  lb. citron peel,  $\frac{1}{2}$  lb. cocoanut,  $\frac{1}{2}$  lb. candied cherries,  $\frac{1}{2}$  lb. white raisins,  $\frac{1}{2}$  teaspoon almond extract. Mix sugar and butter, add whites of eggs, then milk, then one cup flour with baking powder, then fruit, then the last of flour. Bake in well greased and papered tin about two hours and a half.—Mrs. F. Jones.

### **EGGLESS RAISIN CAKE**

1 lb. seedless raisins, 2 cups sugar, 2 cups water, 2 tablespoons shortening. Boil together for five minutes, when cool mix in 3 cups flour, 1 teaspoon each of cloves, nutmeg and cinnamon and 1 heaping teaspoon of baking powder. Bake in a moderate oven.—Mrs. Jacobs.

### **BOILED CAKE**

2 cups sugar,  $\frac{2}{3}$  cups crisco, 2 cups water, 2 cups sultanas, 2 cups seeded raisins, 1 teaspoon salt, 2 teaspoons cinnamon,  $\frac{1}{2}$  teaspoon mace or nutmeg, 1 teaspoon cloves, 2 teaspoons baking powder, 3 tablespoons warm water,  $1\frac{1}{2}$  cups nutmeats, 4 cups flour. Boil all except flour, nuts, soda, baking powder for three minutes. When cool add soda dissolved in warm water, then add flour, nuts, baking powder.—Mrs. Ernest Wilson.

### **BOILED RAISIN CAKE**

1 cup raisins boiled, when cool dissolve 1 teaspoon baking soda in it.  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup brown sugar, 2 egg yolks, 1 tablespoon molasses, 2 cups flour with spices to taste. Bake half an hour.—Mrs. A. Pitcairn.

### **RASPBERRY CAKE**

2 eggs, 1 cup sugar, 2 cups flour,  $\frac{1}{2}$  cup butter, 1 cup raspberry jam, 4 tablespoons sour milk, 1 teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon cinnamon.—Elizabeth Irwin.

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### **JELLY ROLL**

3 eggs, 1 cup sugar, 2 cups flour, 1 teaspoon baking powder. Cream eggs and sugar, add flour gradually, 1 teaspoon of lemon. Add 1 teaspoon of vinegar just before putting in pan that has been well greased. Bake in moderate oven, turn out on damp dish towel, spread with jelly and roll.—Elizabeth Irwin.

### **FITHER CAKE**

1½ cups sugar beaten to a cream with ¼ lb. butter, ½ cup cold water, 2 cups flour, 1½ teaspoons baking powder, 3 eggs, flavor with essence of lemon. Beat butter and sugar to a cream, add eggs, then essence of lemon and water and flour and beat well. Bake in a moderate oven.—Mrs. D. Mitchell.

### **CHEAP FRUIT CAKE**

1½ cups sugar, 1½ cups buttermilk, ½ cup butter, 1 cup raisins, 1 cup currants, a little candied peel, 1 teaspoon each of soda, nutmeg, cinnamon, 3 cups flour, pinch of salt. The addition of two eggs improves the quality.—Mrs. J. W. Birchall.

### **COCOANUT HAYSTACKS**

Take ½ lb. dessicated cocoanut, ½ cup sugar, and mix with 2 eggs well beaten. Drop from spoon on to a well greased flat tin and bake for about ten minutes in a hot oven. This makes 20 cakes and they keep nice a long time.—Mrs. D. Jackson.

### **HOT WATER CAKE**

1 egg, 3 tablespoons sugar, 1 tablespoon butter, 1 cup syrup, 1 teaspoon soda, 1 teaspoon cinnamon, ginger, nutmeg, 2 cups flour. Mix all together well and then add 1 cup boiling water. Mix thoroughly and bake in a quick oven. Mrs. H. Birchall.

### **DEVIL CAKE**

2 cups brown sugar, 1½ cups butter, 2/3 cup sour milk, 2 eggs, 2 cups flour, ½ cup boiling water, ¼ cup grated chocolate, 1 teaspoon baking soda. Pour half of the water on chocolate and half on soda and mix.

### **Icing.**

2 cups white sugar, 7 tablespoons water. Bring to boil, then beat in two whites of eggs, beating stiff.—Mrs. W. H. Worsnop.

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### CHRISTMAS LOAF

Take  $\frac{1}{2}$  lb. butter,  $\frac{3}{4}$  lb. castor sugar,  $\frac{1}{4}$  lb. ground rice,  $\frac{3}{4}$  lb. flour, 1 lb. currants,  $\frac{1}{4}$  lb. sultanas,  $\frac{1}{4}$  lb. candied peel, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon of baking soda, 1 teaspoon salt, a little grated nutmeg,  $\frac{1}{2}$  teacupful milk, and 3 eggs. Mix flour and ground rice, rub in butter, then mix all dry ingredients together. Beat eggs well. Make a pit in centre of flour, etc., and put in eggs. Add milk. Beat all well. Put in greased tins and bake for two hours in a slow oven.

### PRINCE ALBERT CAKE

1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 egg, 1 cup sour milk, 1 heaping cup of flour, 1 cup chopped raisins, 1 teaspoon of soda,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon each of cloves and cinnamon. Bake in two layers.—A.H.

### APPLE SAUCE CAKE

$\frac{1}{2}$  cup of butter creamed, 1 cup sugar, 1 cup of apple sauce into which has been stirred 1 teaspoon of soda, 1 cup raisins or dates, or half of each, 1 cup currants, a few chopped nuts, and spice to taste,  $1\frac{3}{4}$  cups of flour.

This is quite as toothsome as a richer fruit cake and will keep indefinitely. If a slightly richer cake is desired, add an egg to the above recipe.—Mrs. F. Jones.

### MOCHA ICING

3 tablespoons butter, 2 tablespoons strong coffee,  $\frac{1}{4}$  teaspoon vanilla, icing sugar. Cream butter and add about 4 tablespoons of icing sugar and cream again. Add coffee and then icing sugar until thick enough to spread. (Lovely).—Mrs. F. J. Jones.

### DATE CAKES

$\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup lard, 1 teaspoon salt, 1 cup of brown sugar,  $\frac{3}{4}$  cup sweet milk,  $2\frac{1}{2}$  cups flour, 3 teaspoons baking powder, 2 cups rolled oats. Cream shortening and sugar, add some flour, then milk, rolled oats, remainder of flour to which baking powder has been added. Roll about  $\frac{1}{4}$  inch thick, cut with cookie cutter and spread date filling between. Bake in moderate oven.

### Date Filling

$\frac{1}{2}$  lb. dates (stoned),  $\frac{3}{4}$  cup of sugar. Cover with water and boil till it looks like jelly. Cool before spreading.—Mrs. J. C. Kelly.

Friend, in this world of rush and bustle and sudden end,  
If a thought comes quick of doing a kindness to a friend,  
Do it that blessed moment—don't put it off—don't wait;  
What's the use of doing a kindness if you do it  
A day too late.

ANNA FRASER

### FUDGE CAKE

1 cup brown sugar, 2 tablespoons cocoa, 2 eggs,  $\frac{1}{4}$  cup of butter,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{2}$  cups of sour milk,  $1\frac{1}{2}$  teaspoons of baking powder,  $\frac{1}{2}$  teaspoon soda,  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  cup boiling water. Cream sugar and butter, add beaten eggs, add some flour, add milk, then cocoa, water, the remainder of flour to which baking powder and soda has been added.—Mrs. J. C. Kelly.

### LAYER CAKE

2 cups flour, 2 eggs, 1 cup sugar, 3 tablespoons melted butter, 2 teaspoons salt, vanilla,  $\frac{3}{4}$  cup sweet milk (more or less). Sift flour, sugar, baking powder and salt three times. Beat eggs in a cup, add butter and fill cup with milk. Pour this over the dry ingredients and beat for five minutes. Add flavoring. Divide and bake in two layer cake tins in a hot oven 15 to 20 minutes. Fill with filling and cover with icing.—Mrs. Stephen.

### JELLY ROLL

2 eggs,  $\frac{7}{8}$  cup sugar, grated rind of lemon, 1 cup flour,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{3}$  cup hot milk. Beat eggs, add sugar and beat well. Add lemon rind. Sift flour with baking powder and salt, add alternately with milk. Bake 15 to 20 minutes in greased pan and turn out on damp cloth. Spread with jelly and roll. Dredge top with powdered sugar.—Mrs. Smith.

### DATE LOAF CAKE

1 package dates chopped fine, 2 teaspoons soda, 1 cup boiling water. Sprinkle soda over dates, add boiling water, let stand until cool, then add 2 tablespoons butter, 1 cup flour,  $2\frac{1}{2}$  cups graham flour, 1 cup brown sugar,  $1\frac{1}{2}$  cups buttermilk (or sour), 1 tablespoon vanilla, 1 egg, salt and walnuts.—Mrs. Francis.

### FUDGE CAKE

1 cup sugar (white),  $\frac{1}{2}$  cup melted butter, 2 eggs, 2 tablespoons cocoa,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon soda in a cup of sour milk, flour to thicken.

### Filling

$\frac{2}{3}$  cup white sugar, 1 tablespoon butter, 1 tablespoon cocoa, 1 tablespoon flour, vanilla to flavor.—Mrs. Francis.



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## CHOCOLATE CAKE

2 cups brown sugar,  $1\frac{1}{2}$  cups butter,  $\frac{2}{3}$  cup sour milk, 2 eggs, 2 cups flour,  $\frac{1}{2}$  cup boiling water,  $\frac{3}{4}$  cup grated chocolate. Pour half boiling water on chocolate and half on teaspoon of soda, beat butter and sugar to a cream, add eggs, then sour milk and chocolate, beat well, then add flour. Bake in moderate oven.

### Icing for same

2 cups granulated sugar, 7 tablespoons water. Boil until a second hair blows, then pour into two beaten whites of eggs and beat until stiff enough to spread on cake.—Mrs. W. Currie.

## FRUIT CAKE

1 lb. raisins, 1 lb. currants, 1 lb. brown sugar,  $\frac{3}{4}$  lb. citron,  $\frac{1}{4}$  lb. lemon or orange, 2 rounded teaspoons baking powder,  $\frac{1}{4}$  lb. butter, 3 eggs,  $\frac{1}{2}$  cup molasses, 1 cup flour, 1 cup milk, 4 cups flour,  $\frac{1}{2}$  teaspoon allspice. Cream butter and sugar together, add eggs, molasses, milk and two cups of flour. Mix fruit with one cup flour, add spices and flavorings. Lastly add 1 cup of flour well mixed with baking powder. Bake in a slow oven.—Mrs. Francis.

## GINGER BREAD

1 cup molasses,  $1\frac{1}{3}$  cup melted butter, 2 teaspoon ginger, 1 teaspoon soda, 1 egg,  $2\frac{1}{2}$  cups flour,  $\frac{2}{3}$  cup boiling water. Add molasses and sugar and melted butter. Add egg lightly beaten. Sift dry ingredients together and add. Lastly add the boiling water and bake in moderate oven.—E. Fisher.

## COON TOWN CAKE

$\frac{3}{4}$  cup brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup molasses, 1 cup currants, 1 teaspoon soda, 1 teaspoon mixed spices, 2 cups flour. Bake in layers with date filling.—Mrs. I. N. Loomer.

## CHRISTMAS CAKE

1 lb. butter, 1 cup sugar, 1 lb. molasses, 6 eggs, 1 pint milk, 2 lbs. raisins, 1 lb. currants,  $\frac{1}{2}$  lb. peel,  $\frac{1}{2}$  lb. almonds, 1 teaspoon allspices,  $1\frac{1}{2}$  teaspoon baking soda. Bake  $3\frac{1}{2}$  hours in slow oven.—Mrs. A. Robertson.

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### DATE DAINTRIES

4 egg whites, 1 cup fruit sugar,  $\frac{1}{2}$  lb. almonds,  $\frac{1}{2}$  lb. dates,  $\frac{1}{2}$  teaspoon vanilla. Beat the egg whites very stiff and add  $\frac{1}{2}$  cup sugar gradually. Continue to beat until it will hold its shape. Add flavoring. Mix nuts and dates, which have been put through the food chopper, with the remaining half of the sugar, and fold lightly into the meringue. Bake in a shallow buttered pan for one hour in a slow oven. While hot, cut into squares and remove from the pan.—Mrs. Mumford.

### SCOTCH SHORT BREAD

5 level cups flour, 1 heaping cup icing sugar,  $\frac{1}{2}$  teaspoon baking powder, 1 lb. good butter, small pinch of salt if butter is unsalted. Sift sugar, flour and baking powder five times, work into softened but not melted butter, using a wooden spoon or hand. Press out to half an inch thick. Place in round tins lined with buttered paper, scallop edges and pick all over with a fork. Bake in very moderate oven about an hour.—Mrs. W. D. Rogers.

### CREAM PUFFS

1 cup flour,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  teaspoon salt, pinch of soda, 4 eggs, 1 cup boiling water. Boil water and butter together. When boiling hard add flour all at once and stir vigorously till it leaves the side of the pan and forms a smooth ball. Add the salt and soda. When cool add the unbeaten eggs, one at a time, beating till thoroughly mixed. Drop on buttered pans, pieces the size of a walnut, three inches apart. Bake in a moderate oven 30 minutes, having the oven rather hot at first, reducing the heat. When baked, dry out in oven with door open. When cold fill with whipped cream.—Mrs. Stephen.

### ECONOMICAL CAKE\*

1 egg, 1 cup granulated sugar,  $\frac{1}{2}$  tablespoon shortening, 1 cup sweet milk,  $1\frac{1}{2}$  cups flour, 2 heaping teaspoons baking powder, pinch of salt. Bake in quick oven.—Mrs. G. H. Mann.

### CHOCOLATE CAKE

1 egg, 1 cup brown sugar,  $\frac{1}{2}$  tablespoon butter, 6 teaspoons cocoa, 1 cup of sour milk, 1 teaspoon soda, pinch of salt,  $1\frac{1}{2}$  cups of flour, 1 teaspoon cream of tartar. Bake in moderate oven.—Mrs. G. H. Mann.

### CRUMB CAKE (SPICE)

2 cups flour, 1 cup sugar,  $\frac{3}{4}$  cup butter (rub altogether to make crumbs and keep back a cup, then add to top of cake mixture before putting in oven). 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 small cup raisins, 1 small cup currants, 1 cup sour milk, 1 egg.—Mrs. D. Cunningham, Joilet Avenue.

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2 egg whites beaten stiffly, 1 cup white sugar, 2 tablespoons corn starch. Cook this mixture over hot water for 15 minutes, add  $\frac{2}{3}$  cup chopped dates and  $\frac{2}{3}$  cup chopped almonds. Drop on buttered tin and bake slowly.—Mrs. I. N. Loomier.

### CRUMB CAKE

$1\frac{1}{2}$  cups flour, 1 cup brown sugar,  $\frac{3}{4}$  cup butter (crumb together and save  $\frac{1}{2}$  cup and put on top of cake before baking). Add 1 cup sour milk, 1 teaspoon baking soda, 1 teaspoon cinnamon, 1 nutmeg, 1 lb. dates.—Mrs. Francis.

### POUND CAKE

3 eggs (beat well), 1 cup sugar, 1 cup butter, 2 cups flour,  $\frac{1}{4}$  teaspoon baking powder, 1 cup chopped cherries and cut peel,  $\frac{1}{2}$  teaspoon rose water. Bake in slow oven.—Mrs. Moore.

### FRUIT CAKE

$\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar, 5 eggs,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  teaspoon baking powder, pinch of salt,  $\frac{1}{4}$  teaspoon each cinnamon, cloves, nutmeg, allspice,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{4}$  lb. almonds,  $\frac{1}{4}$  lb. mixed peel. Cream butter and sugar, add eggs, beat well. Sift together flour, baking powder and spices, add to first mixture, then add floured fruit. Bake in moderate oven  $1\frac{1}{2}$  to 2 hours.—Mrs. Stead.

### SHORTBREAD

$\frac{1}{2}$  cup butter, 1 lb. flour,  $\frac{1}{4}$  lb. sugar. Cream butter and sugar gradually. Mix in flour. Roll out on floured board until  $\frac{1}{4}$  inch thick. Cut in shapes, prick with fork to allow moisture to escape, bake in tins in a moderately hot oven.—Mrs. Wm. Liddell, 1811 21st Avenue West.

### FUDGE CAKE

1 cup sugar, 2 tablespoons cocoa, 2 eggs,  $\frac{1}{2}$  cup of butter,  $1\frac{1}{2}$  cups sour milk,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon soda in milk,  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  cup boiling water.—Mrs. J. C. Kelly.

### DATE AND WALNUT CAKE

2 eggs,  $\frac{1}{2}$  cup butter, 1 cup sugar, 10c. worth walnuts, 1 lb. dates, 1 teaspoon soda, 1 teaspoon baking powder, pinch of salt, 1 teaspoon vanilla,  $\frac{3}{4}$  cup warm water,  $2\frac{1}{2}$  cups (scant) flour.—Mrs. J. C. Kelly.

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### **DEVILFOOD CAKE**

1 egg yoke, 1 cup cocoa,  $\frac{1}{2}$  cup milk, 1 cup sugar (brown). Cook and cool. Butter size of egg, 2 egg yolks, 1 cup sugar (white),  $\frac{1}{2}$  cup milk. Sift 1 heaping teaspoon baking powder in 3 cups flour. Mix well, and add last white of eggs beaten good, and 1 teaspoon baking soda in boiling water. Beat well. Bake in three layers. Make filling either of whipped cream or lemon filling.—Mrs. Wonnacott.

### **BURNT SUGAR CAKE**

$\frac{1}{2}$  cup butter, 1 egg, 1 cup white sugar, 1 teaspoon vanilla, 1 cup cold water, 2 cups flour, 2 teaspoons baking powder. Take 1 cup white sugar and set on stove to brown. Then add  $\frac{1}{2}$  cup boiling water and stir well. When cool add half to the cake mixture. Mix the rest with icing sugar and put on top of cake.—O.E.H.

### **CHERRY CAKE**

1 lb. butter, 1 cup sugar, 3 eggs,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder sifted with 3 small cups of flour,  $\frac{1}{4}$  lb. cherries. Bake in slow oven.—Mrs. J. H. Hicks

### **DATE CAKE**

$1\frac{1}{2}$  cups of brown sugar,  $\frac{1}{2}$  cup of butter, 1 egg, 2 teaspoons of vanilla,  $\frac{1}{2}$  lb. walnuts chopped, 1 lb. dates chopped fine,  $\frac{1}{2}$  lb. citron peel, 1 teaspoon of soda dissolved in  $\frac{1}{2}$  cup of warm water, 2 cups of flour. Bake in moderate oven.—A.H.

### **CHERRY CAKE**

$\frac{1}{4}$  lb. butter, 1 cup sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon baking powder 3 eggs,  $\frac{1}{4}$  lb. cherries.—Mrs. Walker.

### **WALNUT CAKE**

$\frac{1}{4}$  lb. butter, 2 cups flour, 1 cup sugar, 3 eggs, 1 cup chopped walnuts, 1 teaspoon baking soda, 1 teaspoon cream of tartar,  $\frac{1}{2}$  cup milk. Ice with orange icing.—Mrs. Walker.

### **PRINCE ALBERT CAKE**

1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 egg, 1 cup sour milk, 1 cup chopped raisins, 1 heaping cup of flour, 1 teaspoon of soda,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon each of cloves and cinnamon. Cream butter and sugar and add egg well beaten. Add milk and raisins. Add dry ingredients sifted together. Bake in two layers.—A.H.

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**CREAM CAKES**

$\frac{1}{2}$  cup butter, 1 cup sugar, 1 teaspoon vanilla, 2 cups flour, 2 teaspoons baking powder in flour, 2 eggs, 1 cup milk. Cream butter and sugar well, add eggs well beaten, then vanilla, add flour and milk alternately. Bake in small cakes, when cold cut top off each cake then put one half spoonful of raspberry jam in each, then add about a dessertspoonful of whipped cream, put top of cake on again and sprinkle with icing sugar.—Mrs. Hardy.

**SPONGE CAKE**

4 eggs, 4 oz. of flour, 4 oz. of sugar, 2 teaspoonfuls baking powder. Beat eggs well, add sugar, and then flour and baking powder, and bake about 10 or 15 minutes.—Mrs. R. Taylor.

**GERMAN CAKE**

Rub 2 oz. of butter and 2 oz. of lard into  $1\frac{1}{2}$  cups of flour. Add  $\frac{1}{2}$  cup of sugar,  $1\frac{1}{2}$  teaspoons baking powder. Mix to stiff paste with 1 egg, and put half on a greased plate and put jam in the rest of the mixture. Bake in a moderate oven and when baked sprinkle with cocoanut.—Mrs. R. Taylor.

**SULTANA CAKE**

$\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{4}$  lb. of sugar,  $\frac{1}{2}$  lb. of sultanas, 2 oz. of candied peel, 2 eggs, a little milk, 1 teaspoon baking powder, pinch of salt. Bake for one hour in a moderate oven.—Mrs. R. Taylor.

**SCRIPTURE CAKE**

$4\frac{1}{2}$  cups of 1 Kings IV, 22;  $1\frac{1}{2}$  cups Judges V, 25 (last clause); 2 cups Jeremiah VI, 20; 2 cups Samuel XXX, 12; 1 cup Numbers XVII, 8 (chopped); 2 cups Nahum III, 12; 2 tablespoons 1 Sam. XIV, 25; Season to taste of II Chron. IX, 9, and 6 of Jeremiah XVII, 11; a pinch of Lev. II, 13;  $\frac{1}{2}$  cup Judges IV, 19 (last clause); 2 teaspoons Amos IV, 5. Follow Solomon's prescription for making a good boy, Prov. XXIII, 14.

**MARMALADE CAKE**

$\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup shortening, 1 cup marmalade,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 egg, 2 cups flour,  $\frac{1}{2}$  teaspoon powdered ginger. Sift salt, flour and baking powder into basin, rub in shortening with finger tips, add ginger and egg well beaten. Knead lightly to smooth paste and divide into two pieces. Roll out pieces and line greased pie tin with one of them. Spread over with marmalade, cover with remaining piece of paste and bake in a moderate oven half an hour, cut like pie and serve hot or cold.—Mrs. W. Jacobs.

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### ECONOMICAL FRUIT CAKE

1 lb. raisins, 1 lb. brown sugar, 1 lb. currants,  $\frac{3}{8}$  lb. citron,  $\frac{1}{4}$  lemon or orange,  $\frac{1}{4}$  lb. butter, 3 eggs,  $\frac{1}{2}$  cup molasses, 2 rounding teaspoons baking powder, 1 cup milk, 4 cups flour,  $\frac{1}{2}$  nutmeg grated, 1 teaspoon allspice. Cream butter, sugar, and eggs, add molasses and milk, add 2 cups of flour, mix the fruit with 1 cup of flour and add the spices and flavorings. Lastly add the cup of flour well sifted with the baking powder. Bake in slow oven. This cake will keep moist indefinitely.—Mrs. W. Jacobs.

### SULTANA CAKE

$\frac{1}{4}$  lb. butter, 1 cup sugar, 3 eggs, 2 cups flour, 1 large cup raisins, 1 teaspoon Magic baking powder,  $\frac{1}{2}$  cup milk, vanilla flavoring. Cream butter and sugar and drop in eggs. Add milk, flour and baking powder, add raisins and vanilla flavoring. Bake in moderate oven for one hour.—Mrs. T. D. Gold.

### CUSHION CAKE

Cream one cup crisco with half cup sugar. Add two well beaten eggs and a half cup milk. Sift 2 cups flour, 2 teaspoons baking powder and half teaspoon salt, add to crisco mixture with 1 teaspoon vanilla. Divide into two parts. Add to one part 2 tablespoons molasses, 1 cup seeded raisins,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, 1 teaspoon cinnamon. Bake in a criscoed floured tin 20 minutes. Take out, and spread white part on top and return to oven and bake until done.—Mrs. Harrison.

### HASTY CAKE

1 tablespoon butter, 1 egg, 1 cup powdered sugar,  $\frac{1}{2}$  cup milk, 2 cups flour, 3 teaspoons baking powder. Bake immediately in quick oven. It may be baked in patty tins or in a loaf. Nice while fresh.—Mrs. Harrison.

### DEVIL CAKE

1 cup brown sugar, 2 eggs (well beaten), 1 teaspoon vanilla, 1 teaspoon soda (baking),  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk, 2 cups flour, 2 squares chocolate, 1 cup boiling water. Dissolve chocolate in boiling water.—Mrs. Anderson.

### BUTTERMILK CAKE

2 cups buttermilk, 2 cups brown sugar, 1 cup shortening, 1 cup raisins, 1 cup currants, 1 teaspoon soda, 1 teaspoon baking powder, juice of 1 lemon, pinch of salt, spice to suit taste.—Mrs. Harrison.

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## SULTANA LOAF CAKE

$\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sultana raisins,  $\frac{1}{2}$  cup mixed peel, 2 cups flour, 1 teaspoon baking powder, 3 eggs, 1 cup sugar,  $\frac{1}{2}$  cup sweet milk, pinch of salt.—Mrs. Harrison.

## RAC CAKE

12 cups white sugar, 3 eggs, 1 cup butter, 1 teaspoon baking soda,  $2\frac{3}{4}$  cups flour, 2 cups raisins,  $1\frac{1}{2}$  cups walnuts, 1 teaspoon cinnamon, 1 cup buttermilk. Bake  $1\frac{1}{2}$  hours.—Mrs. Houston.

## CHRISTMAS CAKE

2 cups sugar, 3 eggs, 1 cup sour cream, 1 cup butter,  $\frac{1}{2}$  lb. lemon peel, 2 lbs. currants, 2 lbs. raisins, vanilla, nutmeg, 5 cups flour.—Mrs. Keddy.

## GOOD CHRISTMAS CAKE

$\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. sultanas, 1 lb. flour,  $\frac{1}{4}$  lb. mixed peel,  $\frac{1}{4}$  lb. molasses,  $\frac{1}{4}$  lb. minced almonds, 1 teaspoon baking powder,  $\frac{1}{4}$  pint milk, 5 eggs and salt. Cream butter and sugar, add eggs one by one and beat well. Warm molasses and milk. Stir in flour, fruit and salt, which have previously been mixed together. When beating all together add baking powder. Bake in very moderate oven.—M. A. Roche.

## DEVIL'S FOOD

$\frac{1}{2}$  cup butter, 1 cup brown sugar, 2 eggs well beaten,  $\frac{1}{2}$  cup sour milk (thick), 1 teaspoon soda,  $1\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoon baking powder, 1 teaspoon vanilla,  $\frac{1}{4}$  cup cocoa with  $\frac{1}{4}$  cup hot water. Method:—Cream butter and add sugar and beat well. Add beaten eggs and sour milk, with soda. Add flour with baking powder, and add flavoring. Lastly add cocoa with water, which has been cooled.—Mrs. W. E. Gell.

## DATE CAKE

Cream together 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup warm water,  $1\frac{1}{2}$  cups flour, with 1 teaspoon Magic soda in flour, 1 lb. chopped dates,  $\frac{1}{2}$  cup English walnuts (chopped), 1 teaspoon vanilla.—Mrs. W. E. Gell.

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## HOME MADE CREAM PUFFS

Set a saucepan containing one cup boiling water and  $\frac{1}{2}$  cup butter over the fire, and when mixture boils, sift in one cup flour, and beat vigorously while cooking. When the mixture cleans from the side of the pan, turn into a bowl and beat in 3 eggs, one at a time, and very thoroughly. The mixture is now ready for baking. Put the batter on a baking sheet by spoonfuls. Brush over the top with a little beaten egg, diluted with milk before putting into the oven, then bake twenty-five minutes with heat strongest at the bottom. When baked and cold open at one side and fill with a custard or whipped cream, and dust the tops with fine sugar.—Mrs. Anderson.

## CRUMB CAKE

2 cups flour,  $\frac{3}{4}$  cup butter, 1 cup sugar, (rub together until creamy and take out 1 cupful), 1 cup sour milk, 1 egg, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 cup raisins. Sprinkle with cup of crumbs before putting in oven.—Mrs. Ager.

## CREAM CAKE

2 eggs, (fill remaining space in cup with cream), 1 cup flour, 1 teaspoon baking powder, 1 cup sugar, pinch of salt and flavoring.—Mrs. Ager.

## MATRIMONIAL CAKE

$1\frac{1}{4}$  cups rolled oats (grind with meat chopper),  $1\frac{1}{4}$  cups flour, 1 teaspoon soda,  $\frac{3}{4}$  cup butter,  $\frac{1}{2}$  cup brown sugar. Make into crumbs. Put three quarters of crumbs in bottom of pan. Spread on a date filling made of 1 lb. dates cooked with 1 cup sugar and a little water. Cover with remainder of crumbs. Bake  $\frac{1}{2}$  hour.—Mrs. MacGregor.

## CHOCOLATE CAKE

Boil two squares of chocolate and half a cup of milk until thick. White hot, add the beaten yolks of 2 eggs. When cool, add 2 table-spoons melted butter (no more), 1 cup sugar,  $\frac{1}{2}$  cup of milk, 1 teaspoon vanilla, 1 teaspoon soda in  $1\frac{1}{2}$  cups flour (or possibly a little more flour in high altitude). This is the best chocolate cake recipe I've ever found.—Mrs. McKenzie.



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REPAIRS

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#### SPONGE CAKE

5 eggs (beat yolks and whites separately), 1 cup castor sugar,  $\frac{1}{2}$  cup Casco potato flour,  $\frac{1}{2}$  teaspoon baking powder.

##### Filling for Sponge Cake.

1 teaspoon butter,  $\frac{1}{2}$  cup sugar, 1 white of egg, flavor to taste.—Mrs. Peter C. Collieson, Lincoln Park.

#### SPONGE CAKE

$1\frac{1}{2}$  cups sugar, 3 eggs,  $\frac{1}{2}$  cup cold water, 1 teaspoon soda, 2 teaspoons cream of tartar,  $2\frac{1}{2}$  cups flour. Beat eggs five minutes, then beat eggs and sugar another two minutes. Flavor with lemon.—Mrs. A. Hill, 2515 16a Street S.W., Calgary.

#### GINGER CAKE

$1\frac{1}{2}$  lbs. flour,  $\frac{1}{2}$  lb. treacle (molasses),  $\frac{1}{2}$  lb. syrup,  $\frac{1}{2}$  lb. butter or lard,  $\frac{1}{2}$  lb. sugar, 3 oz. almonds, 2 oz. ground ginger, 2 oz. cinnamon, 1 oz. nutmeg (if liked), 1 oz. mixed spice, 1 teaspoon soda,  $\frac{1}{2}$  pint boiling water and 2 eggs.—Mrs. Peter C. Collieson, Lincoln Park.

#### GINGER PUDDING

1 lb. flour or  $\frac{1}{2}$  lb. flour and  $\frac{1}{2}$  lb. bread crumbs, 3 oz. suet, 1 dessert spoonful ground ginger, 1 teaspoon carbonate of soda, 1 teacupful syrup, 1 pint milk, 1 egg. Put in a buttered basin and steam for two hours. Warm some syrup and pour over.—Mrs. Peter C. Collieson, Lincoln Park.

#### VEGETARIAN PLUM PUDDING

2 lbs. raisins,  $1\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. bread crumbs,  $\frac{1}{4}$  lb. whole meal,  $\frac{1}{2}$  lb. suet,  $\frac{1}{4}$  lb. mixed peel, 1 cup grated carrots, 1 quart milk, 1 oz. mixed spice. Prepare the ingredients, stoning the raisins, and mix together. Mix all thoroughly, put into basins and tie up in the usual manner. Boil for six hours. Mrs. Peter C. Collieson, Lincoln Park.

#### PLUM PUDDING

1 pint sweet milk (put in enough bread to soak up milk), warm the bread and milk, 2 eggs, 3 cups brown sugar, 3 or four rings of lemon peel,  $\frac{3}{4}$  lb. suet, 2 lbs. raisins, 1 lb. currants, a little nutmeg, flour enough to mix like fruit cake, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, sifted with flour. Put in pudding dish and steam 8 hours.—Mrs Hicks.

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**JELLY ROLL**

2 eggs,  $\frac{7}{8}$  cup sugar, grated rind lemon, 1 cup flour,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{3}$  cup hot milk. Beat eggs, add sugar and beat well, add lemon rind, sift flour with baking powder and salt, add alternately with milk. Bake 15 or 20 minutes in greased bread pan and turn out on a damp cloth, spread with jelly and roll. Dredge with powdered sugar.—Mrs. A. Stephen.

**DEVIL'S FOOD**

$\frac{1}{2}$  cup butter, 1 cup light brown sugar, 1 cup dark brown sugar, 2 eggs, 3 cups Swansdown cake flour (ordinary flour will do),  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup boiling water, 1 teaspoon soda,  $1\frac{1}{2}$  squares chocolate or  $\frac{1}{2}$  cup of cocoa, 1 teaspoon vanilla. Method: Bake in three layers if you like. Add 1 cup of sugar, gradually creaming mixture thoroughly. Beat eggs till light. Add other cup of sugar to eggs, mix well, add this to butter and sugar, and beat hard. Sift flour once, add salt and sift three times. Add it to first mixture, alternately milk and flour. Beat hard each time. Add soda and cocoa to hot water (boiling).—Mrs. Peter C. Collieson, Lincoln Park.

**LEMON HONEY**

$\frac{1}{2}$  lb. of loaf sugar, juice of two lemons (rind of one grated), 3 eggs well beaten. Simmer on slow fire till it will set.—Mrs. Peter C. Collieson, Lincoln Park.

**BREADS, NUT LOAVES, SCONES, Etc.**

**NUT LOAF**

1 cup brown sugar, 1 cup chopped nuts, 1 cup sweet milk, 1 well beaten egg,  $2\frac{1}{2}$  cups sifted flour, 3 teaspoons baking powder, pinch of salt, 1 cup of dates (chopped). Mix well and put in buttered pan and let stand 20 minutes in warm place. Bake in moderate oven three quarters of an hour.—Mrs. Emmons.

**SUCCESS BREAD**

1 cup brown sugar, 1 cup white flour,  $\frac{1}{2}$  cup corn meal, 2 cups graham flour, 1 teaspoon salt,  $1\frac{1}{2}$  cups raisins, 2 cups buttermilk, 2 teaspoons soda. Bake in a long narrow bread tin in slow oven.—Mrs. Ager.

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## TEA BISCUITS

3 cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar,  $\frac{1}{2}$  teaspoon salt sifted into flour, 2 tablespoons butter,  $\frac{1}{2}$  cup sugar, 1 cup milk. Mix and roll and cut into cakes. Brush over top with beaten egg and sugar. Bake in hot oven.—Mrs. A. Hill, 2515 16a St. S.W., Calgary.

## COFFEE BUNS

$\frac{1}{4}$  lb. lard, 1 cup flour,  $\frac{1}{2}$  cup sugar, 1 egg, currants, 2 tablespoons coffee,  $\frac{1}{2}$  teaspoons cream of tartar,  $\frac{1}{4}$  teaspoon soda. Beat lard, sugar and eggs together. Add coffee, flour, cream of tartar and soda. Drop in rough heaps on pans.—Mrs. McCulloch.

## BREAD

2 cups warm water, 4 cups scalded milk, 2 tablespoons butter, 2 tablespoons sugar, 1 teaspoon salt, 1 Fleischman's yeast, dissolved in  $\frac{1}{4}$  cup warm water, flour. Add the butter, sugar and salt to the milk. When lukewarm, add the dissolved yeast cake, and stir in 3 cups flour. Beat well, cover, and let rise until light. Then add enough flour to knead.—Mrs. Foster.

## PARIS BUNS

$\frac{1}{2}$  lb. flour, 1 egg,  $\frac{1}{2}$  oz. candied peel, 2 oz. sugar,  $\frac{1}{2}$  teaspoon bicarbonate of soda, 1 teaspoon cream of tartar. Rub all ingredients together except soda which dissolve in milk. Make into light batter with a little milk, place on a greased tin, and ornament each bun with strips of candied peel. Brush with milk, sift sugar over, and bake in a quick oven.—Mrs. McKill.

## SWISS ROLL

$\frac{3}{4}$  cup sugar, 1 cup flour, 3 eggs, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, 2 tablespoons boiling water. Beat sugar and eggs, add flour, cream tartar and soda. Add boiling water, mix well, put into pan lined with buttered paper and cook. When cooked put in filling desired and roll while hot.—Mrs. McCulloch.

## WHOLE MEAL FRUIT LOAF

2 breakfast cups whole meal,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. ground rice, 2 ozs. peel, 1 egg, 2 teaspoons baking powder, 1 teaspoon bicarbonate of soda, 1 gill milk and flavoring. Beat butter and sugar to a cream, add egg and peel, mix dry ingredients together and add alternately with milk. Pour into greased tin and bake in slow oven for one hour and 15 minutes.—Mrs. McKill.

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#### DATE LOAF

1-1/3 cups sugar, 1 cup butter (cream together), 3 eggs well beaten, 1 lb. dates (chopped), 10c. walnut meats, 1 small dessert spoon soda dissolved in as little warm water as possible, 3 level cups flour. Bake in a slow oven 1 hour or until done.—Mrs. MacGregor.

#### PLAIN SCONES

4 cups flour, 1 teaspoon soda, 1 teaspoon salt, 1 teaspoon cream of tartar, 4 teaspoons sugar, lard or butter size of an egg, milk to stiffen (not too stiff).—Mrs. Peter C. Collieson, Lincoln Park.

#### BRAN LOAF

1/2 cup sugar, 1/2 cup butter (cream together), 2 eggs, 1 cup milk, 1 1/2 cups flour, 2 teaspoons baking powder, pinch soda sifted in flour, 1/2 teaspoon salt, 1 teaspoon vanilla, 1 1/2 cups bran, 1 lb. dates. Bake in moderate oven.—Mrs. Foster.

#### ROCK BUNS

2 eggs, 1 1/2 cups brown sugar, 1 1/2 cups butter, 2 1/2 cups flour, 1 teaspoon each nutmeg, cinnamon and cloves, 1 teaspoon baking soda, 1 cup chopped walnuts, 1 lb. dates or raisins, salt.—Mrs. W. H. Worsnop.

#### BRAN GEMS

1 egg, well beaten, 1/2 cup sour milk with 1 teaspoon soda dissolved in it, pinch of salt, 1 tablespoon melted butter, 1 cup bran, 1 cup white flour. Mix all together quickly and bake in quick oven.—Mrs. Robert C. Culley, Sarnia.

#### DATE BREAD

1 package dates cut up, add 1 teaspoon soda and pour over them 1 cup boiling water. Let cool. Add 1 tablespoon butter, pinch of salt, 1 teaspoon vanilla, 1 cup brown sugar, 3/4 cup chopped walnuts, 1 1/2 cups flour. Cook very slowly one hour, or until a straw or toothpick comes out clean.—Mrs. F. Jones.

#### GRIDDLE SCONES

4 cups flour, 4 teaspoons baking powder, 2 tablespoons butter, 2 tablespoons syrup, pinch of salt. Rub in butter and sugar, add milk enough to make a stiff dough, mix well, then divide into four parts. Roll each part out on well floured board to 1/2 inch thick, then cut in four, then bake until well browned on both sides.—Mrs. A. Robertson.

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### **GRAHAM OR WHOLE WHEAT BREAD**

1 cake Fleischman's yeast, 1 cup milk scalded and cooled, 4 tablespoons light brown sugar or molasses, 1 cup lukewarm water, 2 tablespoons lard or butter melted, 4 cups Graham flour, 1 teaspoon salt. Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add lard or butter, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly or throw and roll, being sure to keep dough soft. Cover and set aside in a warm place to rise for about two hours. When double in bulk, turn out on kneading board, mould into loaves, and place in well greased pans, cover and set to rise again about one hour or until light. Bake one hour in a slower oven than for white bread. This makes two loaves.—Mrs. Mumford.

### **PARKER HOUSE ROLLS**

1 pint milk scalded and cooled, 2 tablespoons sugar, 2 tablespoons butter or lard, 2 pints sifted flour, 1 teaspoon salt. Dissolve yeast in lukewarm milk, add sugar and butter and  $1\frac{1}{2}$  pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place about  $1\frac{1}{2}$  hours. Add remainder of flour and salt. Knead well. Cover and let rise until light or about  $1\frac{1}{2}$  hours. Roll out  $\frac{1}{4}$  inch thick. Cut with cookie cutter and brush lightly with butter. Fold and let rise in pans about  $1\frac{1}{2}$  hours or until light. Bake ten minutes in a hot oven.—Mrs. D. R. Foulds.

### **SCOTCH CURRANT BUN**

1 lb. flour,  $\frac{1}{2}$  lb. sugar, 2 lbs. currants, 2 lbs. raisins, 2 eggs,  $\frac{1}{2}$  lb. orange peel,  $\frac{1}{4}$  lb. almonds, 2 teaspoons ginger, 2 teaspoons cinnamon, 2 teaspoons allspice, 1 teaspoon baking soda, 1 teaspoon baking soda, 1 teaspoon cream of tartar,  $\frac{1}{3}$  teaspoon black pepper, 1 breakfast cup buttermilk.

**Crust.**

$\frac{1}{4}$  lb. butter,  $\frac{3}{4}$  cup flour.—Mrs. A. Robertson.

### **A GOOD HOME MADE YEAST**

1 pint potato water, 2 cakes of yeast in 1 pint of water,  $\frac{1}{2}$  pint of water with  $\frac{1}{2}$  cupful dried hops, 1 cup sugar. The hops should be boiled five minutes in the  $\frac{1}{2}$  pint of water. Put potato water on sugar and strain the hop water into it. When nearly cold stir in the yeast. Put aside and let stand over night. One cupful is sufficient for five nice sized loaves.—Mrs. W. Jacobs.

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**SPANISH BUN**

3 eggs (save whites of two for top), 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 cup sour cream, mix in teaspoon soda,  $1\frac{1}{2}$  cups flour, 1 teaspoon cinnamon, 1 teaspoon ground cloves. Ice with whites made into meringue.—Mrs. W. Currie.

1 cup each of corn, wheat and graham flour, 1 cup molasses, 1 cup sweet milk,  $\frac{1}{2}$  cup sour milk, 1 teaspoon Magic soda,  $\frac{1}{2}$  teaspoon salt. Pour in pail, place in kettle of cold water, and cook two hours after the water commences to boil.—Mrs. Mumford.

**BAKING SODA SCONES**

2 cups flour, 4 teaspoons baking powder, 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon salt, 4 tablespoons shortening, 1 egg, about  $\frac{1}{3}$  cup milk or enough to make a soft dough. Roll dough 1 inch thick.—Mrs. Gell.

**BISCUITS**

1 lb. flour, 1 cup sugar, 3 oz. butter, 3 oz. lard, 1 egg,  $\frac{3}{4}$  oz. baking powder, a little milk, a pinch of salt. Roll out thin and bake in a quick oven.—Mrs. R. Taylor.

**GINGER BISCUITS**

1 lb. flour,  $\frac{1}{2}$  lb. golden syrup, 2 oz. sugar, 3 oz. lard., 1 oz. butter, 1 teaspoon baking powder, 1 teaspoon ginger, 1 egg, a little milk.—Mrs. R. Taylor.

**PARKIN BISCUITS**

1 cup rolled oats,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup butter and lard, 1 egg, 1 teaspoon baking soda, 1 teaspoon cinnamon, ginger, nutmeg. Mixture should be thick. Make into balls the size of a walnut and bake in a moderate oven.—Mrs. J. Thomson.

**SPICE BISCUITS**

$\frac{1}{2}$  lb. flour, 1 cup brown sugar, 1 egg,  $\frac{1}{4}$  lb. butter, 1 teaspoon cinnamon, 1 teaspoon baking powder,  $\frac{1}{2}$  cup almonds. Make to a stiff paste, leave overnight in a cool place and bake in a moderate oven.—Mrs. J. Thompson.

**SHORT BREAD BISCUITS**

2 cups flour,  $\frac{1}{2}$  cup fruit sugar, 1 dessert spoonful rice flour,  $\frac{1}{2}$  lb. butter. Work sugar into butter then flour. Cut into finger shapes. Bake in slow oven until a light brown.—Mrs. J. Thompson.

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### GERMAN BISCUITS

$\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. flour, 1 egg, 2 oz. sugar, 1 teaspoon cinnamon, 1 teaspoon mixed spices,  $\frac{1}{2}$  teaspoon baking powder. Put together with jelly and ice on top.—Mrs. Walker.

### DATE AND NUT LOAF

1 cup shelled walnuts, 1 cup stoned dates cut up,  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups flour,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon soda, 2 eggs. Cream butter and sugar together, add eggs, then flour and soda and milk. Then add dates and nuts last. Put in a tin lined with paper. Good after a day.—Mrs. D. Cunningham, Joliet Avenue.

### NUT LOAF

2 cups flour, 1 cup brown sugar, 1 cup raisins, 1 cup dates, 1 cup walnuts (chopped), 2 eggs, butter size of an egg, 1 teaspoon baking soda, milk enough to make moist. Let rise 20 minutes. Bake one hour.—Mrs. R. Wonnacott.

## SUMMER DRINKS

### BOSTON CREAM (A Dandy Summer Drink).

$1\frac{1}{2}$  lbs. sugar, 3 lemons,  $1\frac{1}{2}$  oz. tartaric acid, white of 1 egg. Put the sugar in a pan with 4 pints of water and let it simmer 20 minutes. Stand in a basin until cold, then add the juice of the lemons, the acid and white of the egg well beaten, and strain through a muslin cloth, then bottle. The same can be used as a Lemon Syrup Drink, omitting the tartaric acid only.—Mrs. Peter C. Collieson, Lincoln Park.

### FRUIT SALTS

2 oz. castor sugar, 4 oz. carbonate of soda, 3 oz. tartaric acid, 2 oz. cream of tartar, 2 oz. best epsom salts.—Mrs. Ernest Wilson.

## MARMALADES & JELLIES

### AMBER MARMALADE

1 orange, 1 lemon, 1 grapefruit. Take 3 times as much water as fruit, mix and stand over night, then boil ten minutes. Stand over night again, then add as much sugar as fruit and water, and boil two hours. Don't stir.—Mrs. Robert C. Culley, Sarnia.

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### LEMON MARMALADE

Wash 12 lemons and put in preserving pan. Cover with water and boil 3 or 4 hours, then slice finely. Remove all pip and skins. Weigh, and to every pound of fruit and peel allow 1 lb. of sugar and 1 pint of water. Boil all together until quite clear and beginning to set.—Mrs. E. Beatt.

### ORANGE JELLY

2 oranges, 2 lemons, 1 grape fruit. To each cup of pulp put three cups of water and let stand until next day, then put in and bring it to boil, and set away till next day. Third day, to each cup of juice put one cup sugar and boil till thick.—Mrs. J. H. Hicks.

### VEGETABLE MARROW PRESERVE

Six pounds of marrow, 6 lbs. sugar, 3 lemons, 1½ ozs. whole ginger, cut marrow into large pieces, crush the ginger, grate the lemon rind, and squeeze out the lemon juice, place with the sugar into a large pan, and let remain for 24 hours. Then bring to a boil for 6 hours.—Annie M. Stagg, Calgary, Alta.

## FISH

### FINE BAKED HALIBUT

Two good sized onions sliced and fried in butter. Add half a can of tomatoes, salt and pepper, and a piece of butter size of an egg. Roll two slices of halibut in flour and place in buttered baking pan, then pour over the sauce and bake two hours.—Mrs. McKenzie.

### OVEN BAKED FISH

Having washed fish in cold water, cut it into suitably sized pieces. Dip in salted milk—½ teaspoon salt to cup of milk—and then roll in dry, finely sifted bread crumbs. Place pieces in a well greased pan, sprinkle little cooking oil or melted fat over surface of each. Bake in a very quick oven for 10 or 15 minutes—according to thickness of the pieces. When baked to a deep golden brown, place on a hot platter and garnish with parsley or slices of lemon. Serve plain or with tartar sauce.



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### **SALMON LOAF**

1 large tin salmon, 1 loaf of bread or grated crumbs (the bread must be crisp and put through chopper). 1 onion chopped fine, butter size of an egg. Sprinkle with salt and pepper, add  $\frac{1}{2}$  teaspoon of savory or thyme, beat up one egg and stir into ingredients. Mix into loaf. Bake in a greased tin till nicely browned. Serve cold in slices with salads.—Mrs. E. R. Ford.

### **STEAMED FISH**

3 lbs. filleted fish, 1 dessertspoon butter, 1 small tablespoon flour, 1 tablespoon cream, salt and pepper. Cut fish in pieces and roll neatly. Put into steamer, with butter and steam gently for  $\frac{3}{4}$  hour in saucepan containing about 1 inch boiling water. Take out steamer and lift fish carefully on to a hot plate. Mix flour with a little milk and add to liquid in steamer, then salt and allow to boil in steamer on top of stove for a few minutes, stirring all the time to make the sauce quite smooth. Add cream, pour over fish and serve. Water to be kept boiling and lid of saucepan to be firmly fixed on.—Mrs. D. Mitchell.

## **ENTREES**

### **CHEESE, CELERY AND NUT SANDWICHES (Good)**

$\frac{1}{2}$  package cream cheese,  $\frac{1}{4}$  cup walnuts (chopped fine),  $\frac{1}{4}$  cup celery cut fine, 1 pimento cut fine, salt to taste. Cream the cheese and add salad dressing to make it smooth and creamy. Add nuts, celery, pimento and salt to taste. Spread between two thin slices of buttered bread.—Mrs. Hicks.

### **TOMATO AND POTATO SAVORY**

Take some cold potatoes and cut in slices. Peel the same quantity of tomatoes. Remove the hard centres. Arrange in alternate layers in a stewpan in which 3 oz. of butter has been melted and sprinkle with pepper, salt and parsley. Cook gently for 10 minutes, stirring now and then. When thoroughly hot, serve with juice poured round and garnish with croutons of fried bread.

### **DHAL INDIAN DISH**

Fry one large onion and 1 large apple (green) in fat till tender. Add  $\frac{1}{2}$  lb. lentils and a little stock. Salt, pepper and curry to flavor (in India used very hot with curry). Cook very thoroughly and stiff. Serve on hot buttered toast.—Mrs. Campbell.

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### SAVORY CAKES

2 cups bread crumbs, 1 small onion, pinch sweet herbs, a little pepper, fat from ham shank. Put all through mixer, bind with 1 egg, roll in oatmeal and fry on both sides. Beat egg thoroughly and mix well with other ingredients.—Mrs. Campbell.

### SAVORY BEANS

Soak hard butter beans (as many as you may require) overnight. Boil in salted water till tender, then drain off liquid. Keep hot. Fry three large onions in fat (best in roast dripping), add to beans with 1 cup milk or stock from bones and thicken with a little flour, season with pepper to taste.

If any left over from above, make into fritters by mixing with batter given below, and drop in spoonfuls in frying pan smoking hot. Fry on both sides to a golden brown.

#### Batter for Fritters

Beat one egg, add 1 cup milk, enough flour to make a thick creamy batter,  $\frac{1}{4}$  teaspoon baking powder.—Mrs. Campbell.

### RICE AND LENTIL SAVORY

In a deep stewing pan fry 2 large onions in roast dripping till slightly brown. Add 1 quart water and bring to boil, then stir in 1 cup rice (whole rice), 2 cups lentils, and flavor with salt and pepper to taste. Cook like porridge till cereals are thoroughly done. A little flavoring of curry makes this delicious.

Any left over from above can be made into lovely fritters by using recipe for "Batter for Fritters."—Mrs. Campbell.

### BAKED BEANS

1 quart navy beans, 3 lbs. pork, 1 tablespoon salt, 1 tablespoon molasses, 3 tablespoons sugar, 1 cup boiling water, 1 medium sized onion. Soak beans overnight. Next morning drain, cover with fresh water and heat slowly, cooking until skins burst. Drain and pack in jar, cut rind of pork in several places and bury with the onion in the centre of the jar of beans. Mix other ingredients with the boiling water and pour over the beans. Add enough water to cover. Cover and bake 6 to 8 hours in moderate oven, adding water as needed.—E. Fisher.

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### **ASPARAGUS WITH POACHED EGGS**

Left-over cooked asparagus may be cut in pieces, added to a thin sauce made of milk, asparagus juice, butter and flour, and when it reaches the boiling point, carefully break into it, the required number of eggs to be poached in the sauce. When done carefully remove the eggs to slices of buttered toast, and arrange the bits of asparagus and sauce around them. This makes one of the most delicious of spring supper dishes.—O.E.H.

### **MACARONI WITH EGGS**

1 cup macaroni, 3 hard boiled eggs,  $1\frac{1}{2}$  cups white sauce, 1 teaspoon salt, 3 tablespoon bread crumbs. Cook macaroni in boiling salted water until tender. Then drain. Arrange the macaroni and slices of boiled egg in layers in a baking dish. Make white sauce by thickening milk with a tablespoon of flour. Pour over macaroni. Dot with butter and sprinkle with crumbs and bake.—E. Fisher.

### **MACARONI AND CHEESE**

Enough macaroni to serve four persons. Wash and boil in plenty of water and teaspoon of salt. Roll 2 crackers, cut up  $\frac{1}{4}$  lb. cheese, add tablespoon butter, pepper and salt. Mix all together with one cup milk and bake till a nice brown on top.—Jessie Culley, Sarnia.

### **CAULIFLOWER WITH TOMATO SAUCE**

Steam the cauliflower till tender. Have ready a sauce prepared by thickening 1 pint strained stewd tomatoes with a tablespoon flour rubbed smooth in half cup cream. Pour over cauliflower while hot.—Mrs. A. Thompson.

### **NOODLES FOR SOUP**

Beat up one egg very light, add pinch salt, and flour enough to make stiff dough. Roll out very thin, dredge with flour to keep from sticking. Let it remain on board to dry for 1 hour or more. Roll it up like sheet music and slice very thin. Drop in soup and boil a few minutes.—W. Fisher.

### **VEGETABLE MARROW STUFFED**

1 large marrow, 2 onions, 1 teaspoon sage, 1 breakfast cup soaked bread, 1 oz. butter, 1 egg, pepper and salt to taste. Trim the marrow and cut in halves lengthwise, take out seeds. Part boil onions and chop fine, mix with bread, sage, butter, egg, pepper and salt. Put both halves together. Brush over with butter. Bake  $\frac{1}{2}$  hour.—Mrs. A. Thompson.

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### BAKED ONIONS

Put on three large spanish onions, cut in quarters, bring to boil, pour water off, cover with fresh boiling water, add salt. Boil quickly till soft, strain, then put in pie dish. Pour white sauce over flavored with pepper and salt. Sprinkle with bread crumbs and pieces of butter. Bake in oven till brown.—Mrs. A. Thompson.

### FRENCH TOAST

Beat 1 egg in milk, cut a few slices of bread  $\frac{1}{2}$  inch thick and dip in mixture. Fry on both sides, spread with sugar or jam.—Mrs. Campbell.

### SPICE TOAST

Same as above, only add a little cinnamon or other spice to the mixture. Serve with sugar.—Mrs. Campbell.

### JAM FRITTERS

Cut slices of bread  $\frac{1}{2}$  inch thick and spread with butter and jam. Stick two together then cut in four. Dip all over in beaten egg and fry on both sides in smoking hot pan.—Mrs. Campbell.

### SWISS EGGS

Butter the bottom of a flat dish and sprinkle grated cheese over. Drop in eggs required, keeping the yolks whole. Add pepper and salt. Grate more cheese over top, and bake in oven till eggs are set, about 10 minutes.—Mrs. D. Jackson.

### SAVORY DISH OF TOMATO AND EGG

Butter a dish and break an egg on it. Season with pepper and salt. Cover with sliced tomatoes and season. Bake until the egg is set. Garnish with a little parsley. Allow one egg per person. Use individual dishes when possible.—Mrs. Ernest Wilson.

### CREOLE RICE

2 tablespoons fat, 1 chopped onion, 1 green pepper (if possible), 3 cups cooked rice, 2 cups tomatoes,  $\frac{1}{2}$  cup grated cheese, salt and pepper. Melt fat, add chopped onions and green pepper (if using it), and cook until tender. Add rice, tomatoes and seasoning and stir. Sprinkle with cheese and bake in hot oven until cheese melts.—Mrs. McKenzie.

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## BAKED POTATOES WITH CHEESE

6 large baked potatoes,  $\frac{1}{4}$  lb. American cheese,  $\frac{1}{2}$  cup hot milk. Cut potatoes in half lengthwise, and scoop out the centres. Mash thoroughly. Rub the cheese through a grater, add the hot milk, and beat until smooth. Mix with the potatoes, beat until light, and place in the shells. Put in a hot oven until heated through.—Mrs. Hardy.

## CHEESE, CELERY AND NUT SANDWICHES

$\frac{1}{2}$  package cream cheese,  $\frac{1}{4}$  cup walnuts chopped fine,  $\frac{1}{4}$  cup celery chopped fine, 1 pimento cut fine, salt to taste. Cream the cheese and add salad dressing to make it smooth and creamy. Add nuts, celery, pimento and salt. Spread between two thin slices of buttered bread. (Good).—A.H.

## CANNED PEAS

Blanch in boiling water 5 to 10 minutes. Drain and cold dip. Pack in jars. Add 1 level teaspoon salt to each quart and boiling water to completely fill jars. Put on rubbers and tops and partially tighten tops. Place in boiler and sterilize  $1\frac{1}{2}$  hours. Tighten tops and store. Cloudy liquid in canned peas is due to too long blanching or to breading the skins in shelling them.—Mrs. W. Jacobs.

## BAKED MACARONI WITH CHEESE AND BACON

Cook the macaroni in salted boiling water one half hour. Make a white sauce as follows:—1 tablespoon butter, 2 tablespoons flour, 2 cups milk. Melt butter in saucepan, stir in the flour and add milk, also salt and pepper to taste. Cook until thick. Cover bottom of baking dish with sauce, add a layer of macaroni and one tablespoon of canned tomatoes and a little grated cheese. Repeat until dish is full, using white sauce on top and grated cheese. Bake until brown. Bake as many slices of bacon as required, then place on top of macaroni just before serving.—Mrs. J. H. H.

## PICKLES

### GOVERNOR SAUCE (Good)

1 pint green tomatoes and 8 onions sliced. Sprinkle with salt and soak overnight. Drain, add  $\frac{1}{2}$  cup sugar, handful of mixed spice. Cover with vinegar and boil till clear.—Mrs. J. H. Hicks

### DILL PICKLE

Put two or three small red peppers, a piece of alum, and some dill in the jar. Pack the jar with cucumbers. Take thirteen cups water, 1 cup vinegar, 1 cup salt, heat to boiling point and pour over cucumbers. Seal and put away.—Mrs. Keddy.

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**GOVERNOR'S SAUCE**

1 pk. green tomatoes (sliced), 8 onions sliced, 1 cup sugar, mixed spices, vinegar to cover. Boil till tender.—Mrs. Keddy.

**DUTCH PICKLE**

1 quart chopped green tomatoes, 1 quart chopped onions, 1 quart chopped cabbage, 1 quart chopped cucumber, 1 quart chopped cauliflower, 3 heads celery, 5 teaspoons mustard, 2 teaspoons tumeric, 1 cup flour, 4 cups brown sugar. Cook vegetables overnight, drain water, mix spices altogether with a little vinegar and cook, stirring all the time, then add vegetables and cook slowly 15 minutes.—Mrs. Peter C. Collieson, Lincoln Park.

**CANDY**

**RUSSIAN TOFFEE**

2 lbs. brown sugar, 2 oz. salt butter, 1 small tin Nestle's condensed milk (sweet),  $\frac{1}{2}$  pint sweet milk, 1 tablespoon golden syrup, 1 tablespoon essence vanilla. Warm milk and put all in pan except vanilla, and boil 30 minutes. Then add vanilla. Test by dropping a little in cold water. When done it will crisp.—Miss M. Brown.

**TABLET**

4 teacups sugar, 1 teacup water, 2 tablespoons syrup. Boil for 20 minutes, then add 2 tablespoons butter, and stir all the time until ready (which you will know by seeing it become sugary). Take off and add 1 teaspoon of essence of lemon immediately before pouring.—Miss M. Brown.

**FUDGE**

2 cups granulated sugar, 2 squares Baker's chocolate,  $\frac{1}{2}$  cup milk, 1 teaspoon vanilla, butter size walnut. Boil nine minutes, then remove from heat and beat five times. Spread on buttered pan or plate. Cut in squares.

**TOFFEE**

3 cups brown sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  lb. butter, 1 tablespoon vinegar, pinch cream of tartar, vanilla.—Mrs. N. Miller.

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## **PICKLES**

### **MIXED MUSTARD PICKLE**

1 quart large cucumbers chopped, 1 quart small cucumbers, 1 quart small onions, 1 quart large onions chopped fine, 1 bunch celery chopped, 3 green peppers chopped, 2 red peppers chopped.

#### **Paste for Above.**

4 tablespoons mustard, 1 tablespoon tumeric powder,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup flour. Mix until smooth, then add 1 quart vinegar. Cook until thick and smooth. When cold add pickles. Soak pickles twenty-four hours in salt water and scald lightly in same, before adding to paste.—Mrs. Keddy.

### **TOMATO CHUTNEY**

4 lbs. apples, 4 lbs. green tomatoes, 4 lbs. onions, (put through mincer).  $1\frac{1}{2}$  quarts vinegar,  $\frac{1}{2}$  pint water,  $1\frac{1}{2}$  lbs. brown sugar, 1 tablespoon salt, little cayenn pepper. Boil 5 hours.—Mrs. A. Robertson.

### **SPANISH SAUCE**

12 red peppers, 12 green peppers, 14 onions. Put through the meat chopper, mix and pour boiling water over it. Let stand five minutes. Drain off and cover again with boiling water. Let stand fifteen minutes. Drain again and add two tablespoons salt, 3 cups sugar, 1 quart vinegar, and boil 20 minutes.—Mrs. Francis.

### **TOMATO TART**

7 lbs. ripe tomatoes cut up fine, 2 large onions, 6 or 7 apples, (put all through the meat chopper), 3 lbs. brown sugar and salt to taste, and as much red pepper as will lay on a five cent piece, 1 pint vinegar, 2 oz. mixed whole spices. Boil  $1\frac{1}{2}$  hours.—Mrs. Francis.

### **SPICED COAL APPLE PICKLE**

6 lbs. chopped coal apple, 6 lbs. granulated sugar, 1 lb. raisins, 1 pint cider vinegar, 2 oranges (grate rind and squeeze juice),  $1\frac{1}{2}$  teaspoons ground cloves, 3 teaspoons ground cinnamon. Heat vinegar and sugar and boil altogether for half an hour.—Mrs. W. Currie.

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### MIXED MUSTARD PICKLES

1 quart large cucumbers cut in cubes, 1 quart small cucumbers left whole or halved, 1 quart small silver skinned onions, 1 quart green tomatos chopped coarsley, 2 red sweet peppers chopped fine, 1 large cauliflower broken in small pieces. Pour over all a brine made of 1 quart of water to a cup of salt. Let stand over night. Bring to boil and drain, then add dressing.

#### Dressing.

1 tablespoon mustard, 1 tablespoon tumeric, 1 cup flower, 2 cups sugar, 2 quarts vinegar, 2 tablespoons celery seed. Mix thoroughly and cook till thick. Stir in pickles. Heat through and put in bottles. No need to seal—F. J. Jones.

### MUSTARD BEANS

1 peck beans, 3 tablespoons salt. Cut beans in half and boil in salted water for 20 minutes, then drain and pour on following mustard mixture, then bottle.

#### Mustard Mixture.

6 cups sugar, 2 cups flour,  $\frac{1}{2}$  oz. tumeric,  $\frac{1}{2}$  lb. mustard, 1 gallon vinegar, 2 tablespoons celery seed. Cook until thickened.—Mrs. J. C. Kelly.

### RED PEPPER SAUCE

4 oz. hot red peppers, 2 doz. sweet red peppers, 2 bunches celery, 6 good sized onions, 1 basket ripe tomatoes, 2 cups cider vinegar, 4 cups sugar, salt to taste. Boil 30 minutes.—Mrs. J. C. Kelly.

### CHILI SAUCE

50 ripe tomatoes, 20 onions, 8 green peppers, 1 bunch of celery. Chop fine and add 3 quarts of vinegar, 3 cups of sugar, 1 small tablespoon each of allspice, cloves, cinnamon, nutmeg and ginger, two tablespoons salt. Cook until thick.—Mrs. Hicks.

### CHILI SAUCE

1 peck ripe tomatoes, 2 red peppers chopped fine, 8 large onions chopped fine, 6 tablespoons salt, 4 tablespoons cinnamon, 4 tablespoons allspice, 4 tablespoons cloves, 2 bunches celery chopped fine. Boil 3 hours, then add 5 cups sugar, 5 cups vinegar, boil one hour longer. Put spices in a bag. Seal air tight.—Mrs. H. Worsnop.

### CUCUMBER PICKLE

8 lbs. onions, 2 cucumbers, 6 tablespoons mustard, 1 cup flour, 2 cups brown sugar,  $1\frac{1}{2}$  ozs. tumeric, 1 teaspoon celery seed, 1 teaspoon mace. Mix with vinegar to a paste. Pour on pickles and cook until soft.



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### MUSTARD PICKLES

Cover onions with brine for a couple of hours. Sit with back to stove while peeling and put in another brine. Add cauliflower and cucumbers cut to desired size. Let stand over night then put on stove and scald (do not boil). Strain and bottle and cover with dressing made from the following:—To 1 gallon vinegar use 2 cups flour, 1 cup mustard, 1 tablespoon tumeric. Just before removing from stove, add one tablespoon of clery seed. Fill up bottles and before sealing place small piece of alum on top of each bottle. This makes them crisp.—Elizabeth Irwin.

### TOMATO CREAM

1 doz. ripe tomatoes, 1 doz. apples, 3 onions, 2 lbs. brown sugar, 1 quart vinegar, 1 teaspoon salt, 1 teaspoon allspice, 1 teaspoon cinnamon and a little cayenne pepper. Boil until well cooked, then add tablespoon flour and  $\frac{1}{4}$  lb. mustard.—Mrs. E. Fisher.

### MUSTARD PICKLES

8 quarts vegetables. Cut the beans and break the cauliflower into flowerets, shred 5 large peppers and put all on to boil in a gallon of vinegar. When boiling take up the vegetables and return the vinegar to the kettle. Mix 1 oz. tumeric,  $\frac{1}{2}$  lb. mustard, 3 cups brown sugar, 2 cups flour,  $\frac{1}{2}$  cup salt and enough cold vinegar to make a paste. Add this paste to the hot vinegar and stir until well blended. Then add the vegetables and heat until scalding hot again. Seal at once.—Mrs. W. Jacobs.

### MUSTARD PICKLE

12 pints of cucumbers, onions and cauliflower mixed and cut in small pieces, 1 pint of salt, 1 gallon of warm water. Make a brine with the salt and warm water and pour over vegetables. Let stand over over night, then drain well.

#### Dressing for Above.

6 pints of vinegar, 9 tablespoons of mustard, 3 or 4 cups of brown sugar, 1 tablespoon of tumeric, 1 tablespoon of small red peppers,  $1\frac{1}{2}$  cups of flour. Put 5 pints of vinegar on to heat. Make a paste with sugar, mustard, tumeric and flour and other pint of vinegar. Add this to hot vinegar and let boil. Put in vegetables and let stand on back of stove and cook a short time and just before taking from stove add the red peppers. Bottle while hot.—Mrs. J. H. Hicks.

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### **FRENCH MUSTARD**

Grate 1 onion and cover with vinegar. After it has stood an hour, pour off vinegar. Add to it a little cayenne pepper, salt and a spoonful of sugar and mustard enough to thicken. Mix and set on stove. Stir until it boils. When cold it is ready for use.—W. Fisher.

### **CHILI SAUCE**

50 ripe tomatoes, 20 onions, 8 green peppers, 1 bunch of celery. Chop fine and add three quarts of vinegar, three cups of sugar, one small tablespoon each of allspice, cloves, cinnamon, nutmeg and ginger, and two tablespoons of salt. Cook until thick.

## **MEATS**

### **TOAD IN THE HOLE**

1 lb. pork sausages, 1 teacup flour, 1 teaspoon baking powder, 1 egg, pepper and salt. Put sausages in deep pie dish and cook for ½ hour. Mix ingredients with milk to the consistency of thick cream. Pour over sausages and cook in hot oven 20 minutes.—Mrs. Wm. Liddell, 1811 21st Ave. West.

### **STEAK AND KIDNEY PIE**

Soak a kidney over night. In the morning cut up kidney and 1½ lbs. beefsteak. Let boil slowly for 3½ hours. Season and pour all into large pan, cover with thick pie crust and bake until slightly browned.—Mrs. G. H. Mann.

### **MEAT LOAF**

1 lb. hamburger, ½ lb. sausage meat (pork), 1 onion, 2 eggs, 1 cup Campbell's tomato soup, 1 cup cracker crumbs, salt and pepper to taste. Mix altogether and bake one hour or more. This may be served hot or cold.—Mrs. Jones.

### **HAM SHANK ECONOMY**

Make large pot of lentil or split pea soup with ham shank. Serve lean part of ham with boiled cabbage and mashed potatoes. Save all rhines of fat and scrape off fat close to skin to get flavor to use for recipe "Savory Cakes."—Mrs. Campbell.



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#### **BEEF LOAF**

3½ lbs. round steak, 1 tablespoon finely chopped parsley, 1 egg beaten up, 1 tablespoon onion juice, 2 tablespoons melted butter, 1 tablespoon salt, ¼ teaspoon pepper, 4 crackers finely rolled, 1 cup milk. Chop meat fine and add remaining ingredients in order given. Shape in roll 6 inches long. Place in buttered pan. Bake 30 minutes, basting every five minutes with 3 tablespoons of butter melted in ½ cup boiling water.—Mrs. W. H. Worsnop.

#### **SWISS STEAK**

Take 2 lbs. round steak, cut in pieces, flour and brown in frying pan, then put in casserole alternate layers of meat, carrots, and onions and peas and tomatoes, until dish is full. Pepper and salt. Bake in slow oven three or four hours.—Mrs. Moore.

#### **MEAT RISSOLES**

Take ¼ lb. of cold cooked meat, 1 oz. pepper, 1 oz. flour, 1 small teacupful milk, salt, pepper and crumbs. Melt butter in a small pan, add flour and milk. Stir until sauce boils. Add chopped meat and seasoning. Spread on a plate and divide in eight pieces. Form into balls, rub over with flour and dip in milk. Toss in bread crumbs. Fry in hot fat.

#### **BEEF STEAK PUDDING**

1½ lbs. steak, 2 or 3 mutton kidneys, 2 small cups flour, 1 cup suet (mince), 1 teaspoon baking powder, salt, pepper. Rub suet well into flour with a little salt, add baking powder and mix. Make into a stiff paste with water or milk. Roll out thin, line buttered steamer with paste. Now cut steak and kidneys in small pieces; mix together 1 tablespoon flour with seasoning and dip each piece of meat into flour and place in steamer. Add half teacup of water to make gravy. Cover with paste, grease lid and steam gently in saucepan with about 1 inch boiling water, for 4 hours. Lid of saucepan must fit closely to keep in the steam and water must be kept boiling.—Mrs. A. Gardiner.

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### **SAUSAGE POTATOES**

$\frac{1}{2}$  lb. sausage, 2 lbs. cooked potatoes, a little milk, salt and pepper. Prick the sausages and simmer them in boiling water 20 minutes. Skin and cut in two. Mash the potatoes with milk till light. Take a spoonful of potato, lay a piece of sausage on it, cover with potato, leaving it quite rough. Put in greased tin and bake till nicely browned.—Mrs. A. Thomson.

### **BOMB SHELL**

$1\frac{1}{2}$  lbs. steak cut in small pieces and rolled in the following mixture:— $\frac{1}{4}$  teaspoon pepper, 1 teaspoon salt, 2 teaspoons flour. To make the paste:—1 lb. flour, 1 teaspoon soda, 1 teaspoon cream of tartar, salt and pepper. Mix with a little milk into a firm paste, cut in two pieces, one large and one small. Roll out large piece, put steak in centre. Gather up the paste, put a little water inside, roll out small piece, put it on top, tie in a pudding cloth and boil 4 hours.—Mrs. A. Thompson.

### **MOCK TURKEY**

1 fresh ham or shoulder (have butcher remove bone).

#### **Dressing.**

1 loaf stale bread, 1 teaspoon salt, 1 teaspoon sage, pepper, 1 large onion chopped fine, 2 tablespoons butter. Mix well and place in ham. Cover opening with bone or stale bread crust. Tie well and cook slowly in oven. Serve with apple sauce.—Mrs. D. R. Foulds.

### **BEEF TEA FOR INVALIDS**

$\frac{1}{2}$  lb. lean beef,  $\frac{1}{2}$  pint cold water. Shred the meat finely across the grain, put in steamer and pour water over it, and allow it to stand for one hour, stirring it occasionally. Cover the steamer and place in saucepan containing cold water. Bring gently to the boil and simmer for 1 hour. In case of fever no salt should be added. Before serving, every trace of grease must be removed. Lid of saucepan should be firmly fixed.—Mrs. A. Gardiner.

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### **VEAL PIE**

Boil a knuckle of veal with a little salt until it drops from the bone, then take out all the meat and boil the bone and gristle until the liquor will turn to a jelly when cold. Next morning, have some sliced hard boiled eggs and some very small pieces of breakfast bacon. Then take a deep dish and put in a layer of veal, then a layer of hard boiled eggs, and a layer of the breakfast bacon, then a layer of veal, and so on until the dish is full. Then melt the jelly from the liquor, season with pepper and salt and pour all over the pie, then put on a top of puff paste, and leave one or two vents for the steam to escape, and bake in a rather quick oven. As soon as the paste is done, take it out and let it get stone cold, before eating. This is most delicious for a supper or luncheon. Also much used for picnics.—Mrs. Robertson.

### **MEAT LOAF**

2 lbs. steak (minced), 1 egg, 1 cup bread crumbs, pepper and salt. Mix altogether, put in loaf tin and bake one hour.—Mrs. Houston.

### **RAISED PORK PIES**

Put  $2\frac{1}{2}$  lbs. flour and  $\frac{1}{2}$  teaspoon salt in a bowl. Boil  $\frac{1}{2}$  lb. lard with  $\frac{3}{4}$  pint of water. Pour boiling water and lard over flour and mix well. Roll out about  $\frac{1}{4}$  inch thick, and line round tin with paste. Put in filling.

#### **Filling.**

Raw pork put through mincer, seasoned with pepper and salt. Cover top with paste and bake for  $1\frac{1}{2}$  hours.—Mrs. N. Miller.

### **LEG OF PORK STUFFED**

Make deep incisions in the meat, boil some potatoes, mash fine, and add an onion chopped, a little sage, pinch of cayenne, and salt. Mix with this a piece of butter and fill the incisions. Pull the skin down and skewer over to keep the dressing from falling out. Roast slowly. When the meat is done, pour the gravy in a pan, take off the fat, add a little browned flour, as soon as it boils up once, remove from the fire. Serve with cranberry sauce.—Mrs. Robertson.

# ***SHELLY'S***

## ***Butternut Bread***

### **POTTED HOUGH**

3 lbs. hough, 1 nap bone. Put meat and bone into a pot and cover with water. Boil until meat leaves bone then take out and mince fine. Put back in pot with liquid and boil 10 minutes. Season with salt and pepper. Put in moulds to thicken.—Mrs. Jess..

### **MEAT SHAPE**

1½ lbs. minced steak, ½ lb. minced ham, 2 cups fresh bread crumbs, 1 egg (don't beat), pepper and salt, a little lemon juice. Mix altogether and put in a mould and steam for 3 hours.—Mrs. Anderson.

### **BROWN STEW**

Cut lean beef in cubes. Dredge with flour seasoned with salt and pepper, and brown on all sides in a frying pan, using enough suet to keep the meat from sticking. Add enough hot water to cover the meat, bring to a boil, then simmer for three hours. An hour before serving add any vegetable desired, cut in cubes. Potatoes should not be added till 20 minutes before serving.—Mrs. J. H. H.

### **MEAT LOAF**

1 lb. round steak, 1 onion. Put steak and onion through meat chopper, add 1 egg and enough milk to hold meat together. Season good with salt and pepper. Put meat in bake dish and pour ½ a can of tomatoes over and bake.—Mrs. T. J. Peacocke.

### **COLD MEAT PIE**

Take any cold meat, breadcrumbs, an onion, 1 apple, 1 egg, and some dripping, and milk. Soak breadcrumbs in milk and squeeze out any moisture. Put meat, onion and apple through mincer and add to breadcrumbs, also salt and dripping. Put mixture in a buttered dish. Beat up the egg and pour over the top. Bake for 40 minutes in a moderate oven.—Mrs. D. Jackson.

### **POTTED MEAT**

1 lb. of steak, ½ lb. ham. Cut up in small pieces and cover with water. Stew gently for four or five hours. Season to taste with salt and pepper and put through mincer.—Mrs. R. Taylor.

## **EUREKA**

2 lbs. round steak minced, 2 medium onions, 6 medium carrots, a few sprigs of parsley if desired. Put meat in stew pan and cover with boiling water. Cook for one hour, then add carrots cut in quarters, and onion. Continue cooking for another hour, or until carrots are soft, then add salt and pepper to suit taste, and if parsley is used, it should be added five minutes before serving.—Mrs. Wm. Liddell, 1811 21st Ave. West.

## **SALADS**

### **APPLE SALAD**

Core red apple, and slice in thin round slices. Place about three slices on a lettuce leaf, and put three little balls made from cream cheese and nuts upon the slices. Pour a salad dressing over all. Chill and serve.—Mrs. Hardy.

### **BANANA AND PINEAPPLE SALAD**

1 can sliced pineapple, 4 bananas. Enlarge the centre of the pineapple and insert half a banana so it will stand upright. Insert cherry on end of banana and serve with whipped cream.

### **VEGETABLE SALAD**

$\frac{1}{2}$  cabbage shredded, 6 carrots, 1 onion minced, 2 potatoes, 1 cucumber, add pimento. Serve with salad dressing, add to which  $\frac{1}{2}$  pint cream. Serve on lettuce leaves.—Mrs. E. R. Ford.

### **CABBAGE SALAD**

Chop small, firm head of cabbage, add salt and pepper to taste. Then add 4 tablespoons vinegar. Stir well, let stand in a cool place two hours. Just before serving, add half cup of cream and heaping tablespoon of sugar. Mix well. Serve on crisp lettuce.—Mrs. J. H. Hicks.

### **MEAT SALAD**

4 lbs. veal, 2 lbs. fresh pork (boil until tender and put through mincer). 1 lb. celery chopped fine, 3 apples chopped fine. Serve on lettuce leaf. Garnish each plate with slice of tomato, beet or red jelly.—Mrs. D. R. Foulds.

### **POTATO AND CABBAGE SALAD**

Cut up cold potatoes into dices, slice up 1 medium sized onion. Slice 1 small crisp cabbage, add salt and pepper. Pour over all this mayonnaise dressing. Put one cup of vinegar on to boil with  $\frac{1}{2}$  cup of water. Mix up 1 egg, pinch of salt, a little pepper, 1 small cup sugar,  $\frac{1}{2}$  tablespoon mustard, 1 tablespoon flour and add to vinegar and water when boiling. Let chill.—Mrs. G. H. Mann.

### **SALAD DRESSING**

2 eggs,  $\frac{1}{2}$  cup sugar, 1 tablespoon flour, 1 tablespoon mustard,  $\frac{1}{2}$  cup vinegar, a little salt,  $\frac{1}{2}$  cup milk and cream, added after the mixture has cooled.—Mrs. Jones.

### **APPLE AND NUT SALAD**

Take equal quantities of walnuts, pecans and almonds, and chop rather fine. Use the same amount of apple (also finely minced), add the nut mixture, and stir well together. Pour over this a generous quantity of mayonnaise dressing, and serve on a garnished salad dish, tastefully arranging a few olives on top.

### **BEET SALAD**

Boil beets until done, peel, when cold chop fine, add broken walnuts, mix with salad dressing. Serve with cold meat or other vegetables.—Mrs. Hardy.

### **CABBAGE SALAD**

Finely chop a small, firm cabbage, add salt and pepper to taste, and four tablespoons of vinegar. Stir well, let stand in a cool place two hours. Just before serving add a half cup of cream and one heaping tablespoon of sugar. Mix well. Serve on crisp lettuce.

### **CHICKEN SALAD**

One chicken, one cabbage chopped fine, two eggs, half pint vinegar, one teaspoon mustard, half teaspoon pepper, two tablespoons sugar, one tablespoon butter, juice of one lemon. Stir salt, pepper, sugar, eggs, mustard and butter together. Pour into boiling vinegar. After having minced the nice parts of the fowl, add the chopped cabbage, then pour dressing over the whole. Dress the top with whites and yolks of hard boiled eggs.—B.R.

### **CHICKEN SALAD**

Boil one nice chicken, when thoroughly done chop very fine. Boil 12 eggs. Rub the yolks to a smooth paste. Add to this two tablespoons of tomato catsup, one spoonful of all kinds of sauces, one teaspoon red pepper and one of black, one large onion chopped fine, one teacup of Irish potato made soft with vinegar. Skim off water in which chicken was boiled, add one cup of celery chopped fine, put on ice in a fat pan so as to cut into squares.—B.R.

### **LETTUCE DRESSING**

1 raw egg, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon mustard, a little sugar, a little cayenne,  $\frac{1}{4}$  teacup olive oil, 1 tablespoon vinegar. Mix thoroughly, and do not put on the lettuce until ready to serve.—B.R.

### **COMBINATION SALAD**

6 tomatoes (medium size), 1 small cucumber (cut in cubes),  $\frac{1}{3}$  cup chopped nuts,  $\frac{1}{4}$  cup ham (minced fine), salad dressing to moisten, pepper and salt to taste. Select medium sized firm tomatoes, wash, remove skins, cut in half crosswise, arrange each slice on a bed of lettuce and sprinkle with salt. Mix cucumber cubes, ham and nuts and seasonings with enough salad dressing to moisten. Pile mixture on tomato half and top with small ball of cream cheese, rolled in chopped nuts if liked.—S.M.H.

## **PUDDINGS**

### **STEAM PUDDING**

2 cups flour, 1 cup currants, 1 cup raisins, 1 cup sugar, 1 teaspoon spice, pinch of salt, 1 teaspoon baking soda, 1 good tablespoon butter, 2 cups boiling water. Mix all except butter. Dissolve the butter in 1 cup of hot water, and soda in the other cup. Steam for 2 hours.—Mrs. D. Mitchell.

### **APPLE BATTER PUDDING**

1 tablespoon butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 1 cup flour, 1 teaspoon baking powder, pinch of salt. Slice apples into a dish, sprinkle with cinnamon,  $\frac{1}{4}$  cup sugar and dot with butter. Add a little water and cook a few minutes. Then pour batter over the apples and bake half an hour. Serve hot with cream.—A.H.

### **URNEY PUDDING**

1 teacup of flour sifted,  $\frac{1}{2}$  teacup of butter, 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon carbonate of soda, 1 tablespoon of raspberry or strawberry jam, 2 eggs. Beat butter and sugar to a cream, add eggs well beaten and mix together, then add flour (sifted), with the soda. Beat until smooth, then add the jam. Pour into steamer well buttered, cover with lid and steam gently for  $1\frac{1}{2}$  hours, steamer to contain about 1 inch of boiling water, water to be kept boiling and lid of saucepan firmly fixed on. Turn out and serve.—Mrs. D. Mitchell.



### CARROT PUDDING

1 cup grated raw carrots, 1 cup grated raw potatoes, 1 cup flour, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon each of ginger, cinnamon, nutmeg, and 1 level teaspoon of baking soda, to be mixed in half of the grated raw potato and added last of all. Put in a greased bowl and steam 3 hours.—Mrs. Frisken.

### PEACH SNOWBALL

Take  $\frac{1}{2}$  cupful butter, cup sugar,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups flour, 3 teaspoons baking powder, 4 egg whites and peach sauce. Cream butter and sugar, add milk, then the flour sifted with the baking powder. Lastly stir in stiffly beaten egg whites. Grease well several cups, half fill with mixture, tie over greased paper and steam for 1 hour. Pour over peach sauce and serve.

### COCOANUT CUSTARD

4 eggs, 1 cup dessicated cocoanut, 2 tablespoons sugar, 1 quart scalded milk, 15 drops almond flavoring. Beat eggs well and gradually add the sugar. Scald milk and stir in cocoanut and flavoring. Then pour over eggs and mix well. Grease a pudding dish, pour in the mixture and place dish in a pan of hot water, to come half way up the dish. Cook slowly until set. Serve hot or cold.

### BANANA TRIFLE

1 packet table jelly, 1 jar clotted cream, 6 bananas. Make jelly into shape, put in crystal, slice bananas and put around shape, whip cream and put on top, and decorate with cherries, etc.—Mrs. J. Gilhooley.

### LEMON PUDDING

1 cup white sugar, 1 tablespoon melted butter, 2 tablespoons corn starch or flour, yolks of 2 eggs, rind and juice of one lemon, 1 pint boiling water. Stir together and boil until thick enough, then stir in whites of eggs. Serve with cream.—Mrs. A. MacGregor.

### PINEAPPLE PUDDING

$\frac{1}{2}$  tin grated pineapple cooked until clear, 2 oz. butter, 2 oz. flour, 1 oz. sugar, 3 eggs,  $1\frac{1}{2}$  cups milk. Melt butter in saucepan, add flour then milk, and let boil for 5 minutes, add beaten yolks, then stir in pineapple. Pour all into pie dish and bake with meringue on top.—Mrs. W. Currie.

### CARROT PUDDING

1 cut raw potato grated, 1 cut raw carrot grated, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, 1 cup sugar,  $\frac{1}{2}$  cup butter, 1 teaspoon cinnamon,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup nut meats. Add sugar and butter. Mix vegetables, nuts and fruits together. Sift dry ingredients together and add to mixture. Steam 3 hours and serve with whipped cream or fruit sauce.—E. Fisher.

### SEVEN CUP PUDDING

1 teacup flour, 1 teacup bread crumbs, 1 teacup suet (minced), 1 teacup sugar, 1 apple, 1 teacup raisins, 1 teacup currants, 1 teacup milk, 1 teaspoon cinnamon, 1 teaspoon baking soda. Mix flour, suet, bread crumbs, sugar, cinnamon, and soda well together in a basin. Add the fruit (the apple chopped small). Mix well, add milk, put into well buttered steamer, put in saucepan with about 1 inch of boiling water and steam gently for  $2\frac{1}{2}$  hours. Lid of saucepan must fit closely and water must be kept slowly boiling.—Mrs. D. Mitchell.

### MOCK CREAM

Take  $\frac{1}{2}$  oz. cornstarch, 1 pint milk,  $\frac{1}{2}$  teaspoon sugar,  $\frac{1}{4}$  teaspoon vanilla. Blend cornstarch with a little cold milk, and stir it into the pint of boiling milk. Cook three minutes, stirring all the time, then add sugar and flavor with vanilla. Let it become cold and serve, instead of cream, with any stewed fruit.—Mrs. D. Jackson.

### EVE PUDDING

1 lb. apples, 2 cups flour, 2 tablespoons sugar, 2 tablespoons butter, 1 egg,  $\frac{1}{2}$  teaspoon cream of tartar, 1 teaspoon baking soda. Cook apples until soft, in a deep pie dish. Make a batter with other ingredients. Pour over apples and bake in a moderate oven to a nice brown.—Mrs. Wm. Liddell, 1811 26th Ave. West.

### EVE'S PUDDING

Apples, sugar, 1 oz. butter, 1 egg, 2 oz. sugar, 1 cup flour, 1 teaspoon baking powder, milk, cloves. Pare and cut up apples, put them into a pudding dish and sprinkle with sugar and one or two cloves. Beat butter and sugar together, add beaten egg. Stir in milk, flour and baking powder. Pour over the apples and bake in moderate oven till ready.—M. B. MacAlister.

### UNITED CHURCH PUDDING

2 tablespoons each of raisins, currants, sugar, breadcrumbs, ground rice and flour, 3 tablespoons chopped suet,  $\frac{1}{2}$  teaspoon mixed spice,  $\frac{1}{2}$  teaspoon carbonate of soda, a little candied orange peel, pinch of salt and a little milk. Rub the bread crumbs fine, then stir all the dry ingredients together and mix with a little milk in which the soda has been dissolved. Boil in a buttered mould or basin for 2 hours.—X.Y.Z.

### STEAMED FRUIT PUDDING

3 cups fine bread crumbs, 1 cup seeded raisins,  $\frac{1}{4}$  cup melted butter,  $\frac{1}{4}$  cup of molasses, 1 cup sweet milk, 1 small teaspoon soda, spices to taste. Steam 2 hours.—Mrs. J. H. H.

### CHRISTMAS PUDDING

1 lb. flour, 1 lb. bread crumbs, 1 lb. suet, 2 lbs. raisins,  $1\frac{1}{2}$  lbs. currants, 1 lb. sultanas, 1 lb. brown sugar,  $\frac{1}{2}$  lb. mixed peel, nutmeg to taste, 1 pint milk, 4 eggs. Boil for eight hours.—Mrs. R. Taylor.

### LEMON SNOW PUDDING

1 cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, juice of one lemon, whites of 2 eggs, make a little custard with yolks of eggs. Boil sugar and water, add juice of lemon, add cornstarch mixed with little water. Beat whites two eggs stiff then add mixture. This makes a nice desert with any kind of fruit. Put little fruit in dish first, then a little snow pudding. Pour a little custard over pudding.

### LEMON PUDDING

1 teacup flour, 1 small teacup suet,  $\frac{1}{2}$  teacup sugar, 1 teacup bread crumbs, 1 tablespoon milk, 1 small cup raisins (stoned), rind and juice of 1 lemon, 1 egg, 1 teaspoon baking powder. Rub suet (minced), well into flour and mix with sugar, bread crumbs and baking powder. Add raisins and mix well. Then add juice of lemon and grated rind and stir well. Lastly add egg and milk. Beat all well together and pour into buttered steamer. Cover with greased lid and steam gently for  $2\frac{1}{2}$  hours in saucepan containing about an inch of boiling water. Lid of saucepan to be firmly fixed on and water kept slowly boiling. Turn out and serve.—Jennie Gilhooley.

### CHOCOLATE PUDDING

2 penny sponge cakes, 1 teacup hot milk, 2 oz. butter, 2 oz. sugar, 2 oz. chocolate, 2 eggs, 1 teaspoon baking powder, 1 tablespoon flour, a few drops of vanilla essence. Beat butter and sugar to a cream, adding eggs one at a time, and beat altogether. Blend chocolate with hot milk, add this to the other mixture, then stir in flour, sponge cakes (crumbled), baking powder and flavoring and steam for 1½ hours in well buttered steamer. Lid of saucepan to be firmly fixed on, and water kept slowly boiling.—Jennie Gilhooley.

### CHRISTMAS PUDDING

3 cups bread crumbs, 2½ cups flour, 1½ cups currants, 1½ cups raisins, 1 cup sultanas, ½ cup almonds (chopped fine), 2 cups sugar, 1 cup milk, ¼ lb. candied peel, citron, etc. (chopped fine), 1 teaspoon nutmeg, 1 teaspoon cinnamon, ¾ lb. chopped suet, 4 eggs, salt, 3 level teaspoons baking powder. Mix all ingredients well. Pour into well greased pudding basins, cover with greased paper, and tie over with pudding cloth. Boil for about 8 hours.—M. A. Roche.

### SAGO ORANGE

Take 6 cups boiling water, 1 cup sago, 6 oranges (juice only), 1 cup sugar, 2 oranges sliced with the peel on. Pour water over the sago and return to the saucepan and boil until clear. Mix the orange juice with the sugar and place in a dish. When the sago is clear, pour it over the orange juice and sugar, mixing all well. Put aside until cold, then decorate the top with slices of orange. Serve.—Mrs. Margaret C. McKill.

### PINEAPPLE PUDDING

Soak 1 tablespoon gelatine in 1 cup cold water for half an hour. Then add 1 cup sugar and bring to the boil. Let stand until cool—not cold—then add whites of two eggs and beat until stiff. Add pineapple last and beat again.

### Custard.

Yolks of 2 eggs, 1 cup milk, flavoring and sugar to taste.—M. Wilmot.

### PLUM PUDDING

2 lbs. currants, 1 lb. raisins, ¾ lb. chopped suet, 3 rings lemon peel, 3 eggs, nutmeg, ½ cup sugar, 2 cups flour. Mix a pint of milk with as much bread as it will absorb. Put it on the stove till lukewarm and beat smooth. Then add altogether, beating in the flour at the last. Boil or steam six hours.—Mrs. Keddy.

### LEMON PUDDING

2 eggs, 1 cup sugar, juice and rind of one lemon, 1 tablespoon flour, 1 cup milk, pinch of salt. Mix egg yolks, flour, salt, sugar, milk and lemon. Add stiffly beaten whites folded in. Cook 30 minutes in slow oven in pan of warm water. Serve hot with cream.—Miss M. Brown.

### MRS. CAMPBELL'S COMMUNITY PUDDING

5 large cups flour, ½ cup rolled oats or oatmeal, 1 cup sugar, 1 teaspoon salt, 1 heaped teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon allspice, ½ teaspoon ground ginger, ¼ teaspoon nutmeg, ¼ teaspoon cloves, 15 oz. raisins, 15 oz. currants, 1 medium sized carrot, 2 apples, 10 oz. suet, ¼ lb. mixed peel, sour milk to moisten. Mix all dry ingredients well before adding fruits, etc. If new milk is used add 1 teaspoon cream of tartar. Keep the mixture stiff, tie in floured cloth and boil for 5 hours at the least.

# COOKIES

## GINGER COOKIES

1 cup shortening (butter and lard), 1 cup white sugar, 1 cup molasses, 3 cups flour, 2 eggs, 2 teaspoons ginger, cayenne pepper size of a white bean, 2 teaspoons baking powder, soda size of two beans. Drop on buttered paper. Do not roll.—Mrs. Francis.

## AUNT EMILY'S COOKIES

2 eggs, 2 cups sugar, 1 cup shortening, 1 cup sour milk,  $\frac{1}{2}$  teaspoon soda, little salt, flour to roll.—Mrs. Harrison.

## PERKINS

4 oz. flour, 4 oz. oatmeal (standard quality), 3 ozs. brown sugar,  $2\frac{1}{2}$  oz. lard, 2 tablespoons syrup,  $\frac{1}{2}$  teaspoon each of ginger, cinnamon, and mixed spices, 1 teaspoon of carbonate of soda, 1 egg, almonds to decorate. Place oatmeal in bowl. Sift in flour, sugar, spices and carbonate of soda. Add lard and rub in well. Beat up egg. Add to syrup. Mix in egg and syrup gradually to dry ingredients. Turn mixture on floured board and knead well till smooth. Take pieces about the size of a walnut, and make into rounds with the hands and flatten. Bake in quick oven for 15 to 20 minutes. Decorate biscuits when they come from the oven and are still soft, with half an almond.—Mrs. G. H. Wilcox, 2748 14th Street West, Calgary, Alta.

## SAND COOKIES

1 cup sugar, 1 cup Glendale butter,  $\frac{1}{2}$  teaspoon nutmeg, 2 eggs (yolks and whites separated), 2 cups flour, 1 teaspoon baking powder. Cream butter and sugar together, add beaten yolks of eggs, the nutmeg and baking powder, beat whites of eggs and add alternately with flour. If not stiff enough to roll add more flour, roll into sheets  $\frac{1}{2}$  an inch thick. Cut and sprinkle with sugar. Bake in a quick oven 8 to 10 minutes.—Mrs. A. Stephen.

## COOKIES

1 cup sugar, 1 cup butter, 2 eggs,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder, flavoring, flour to roll. Bake in a quick oven.—Mrs. W. St. J. Miller

## PARADISE COOKIES

2 eggs well beaten,  $\frac{1}{2}$  cup sugar, 1 cup dates cut, 1 cup walnuts cut fine, 1 teaspoon baking powder, 3 tablespoons flour. Mix, spread  $\frac{1}{2}$  inch thick on small tin, bake in rather slow oven. When cool, remove from tin and cut in squares or oblongs.—Mrs. Hardy.

## SOUR CREAM COOKIES

2 cups white sugar, 1 cup sour cream,  $\frac{3}{4}$  cup butter, 2 cups currants, 3 eggs (beaten vry light), 1 teaspoon soda, lemon or vanilla extract, sufficient flour to roll.—Mrs. A. Hill, 2515 16a St. S.W., Calgary.

## COCOANUT FILLING

2 cups cocoanut, 1 cup sugar, 2 eggs. Mix well together. Bake in pie paste and cut in strips.—Mrs. Jess.

## NUT DROP CAKES

$\frac{1}{2}$  cup butter, 1 cup brown sugar, 1 cup chopped nuts, 1 cup raisins, 2 eggs,  $1\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoon soda, flavor with cinnamon, nutmeg and cloves. Cream butter and sugar. Stir in the well beaten eggs, mix the raisins, walnuts and spices with the flour and add with the soda dissolved in warm water. Beat thoroughly and drop from spoon on baking pan.—Mrs. Ager.

### COCOANUT DROP CAKES

2 eggs,  $\frac{1}{2}$  cup shortening, 1 cup sugar,  $\frac{1}{3}$  cup milk, 2 cups flour, 2 teaspoons baking powder, pinch of salt,  $\frac{1}{2}$  cup grated cocoanut, lemon or vanilla.—Mrs. Ager.

### GINGER COOKIES

1 cup roman meal, 1 cup flour,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon ginger,  $\frac{1}{4}$  cup shortening,  $\frac{1}{2}$  cup syrup,  $\frac{1}{4}$  cup water. Mix dry ingredients, then add liquids. Bake in moderate oven 20 minutes.—Mrs. A. Pitcairn.

### COOKIES

1 cup melted butter, 1 cup sugar, 1 egg, 3 cups flour,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon cream of tartar,  $\frac{1}{3}$  cup thin cream. Mix in order given, roll out and cut in different shapes. Bake until they are a nice brown.—Mrs. A. Pitcairn.

### COOKIES

1 cup sugar,  $\frac{1}{2}$  cup butter, 1 cup cream and milk mixed, 2 eggs, flavor of spice, nutmeg or cinnamon, enough flour to make stiff dough. Add to flour, 1 teaspoon soda, and 2 teaspoons cream of tartar. Roll out and cut in small cookies and put two together with either icing sugar or jelly.

### GINGER COOKIES

1 cup sugar, 1 cup shortening, 2 eggs, 1 cup molasses, 1 teaspoon ginger, 2 teaspoons soda, 1 teaspoon mixed spice, pinch of salt, 4 teaspoons hot water, flour enough to mix.—Mrs. J. W. Birchall.

### PLAIN COOKIES

1 egg,  $1\frac{1}{2}$  cups brown sugar, 1 cup shortening,  $\frac{3}{4}$  cup milk, 1 teaspoon soda, 2 teaspoons cream of tartar, flour enough to roll out thin.—Mrs. J. W. Birchall.

### DROP CAKES

1 egg, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, 1 cup raisins, flour to stiffen. Drop on buttered pan and bake.—Mrs. F. Jones.

### COCOA CAKE

2 cups brown sugar,  $\frac{1}{2}$  cup butter. Cream sugar and butter. Add two eggs well beaten, 1 teaspoon vanilla, 1 cup sweet milk, 2 teaspoons soda sifted in 2 cups of flour 4 or 5 times. Bake in slow oven.—Mrs. F. Jones.

### OATMEAL COOKIES

1 cup fat, 1 cup sugar, 2 beaten eggs,  $\frac{1}{2}$  cup milk, 2 cups oatmeal, 2 cups flour, 1 teaspoon baking soda, 1 teaspoon cinnamon, 1 teaspoon salt, 1 cup raisins. Cream the fat, add the sugar gradually and work until creamy, add the well beaten eggs, milk and oatmeal, flour and other ingredients. Drop by teaspoonfuls on a buttered pan.—Mrs. Herbert Taylor.

### HERMITS

$\frac{1}{2}$  cup butter, 1 cup sugar, 2 eggs, 1 saltspoonful baking soda, 1 teaspoon cinnamon, 1 saltspoonful cloves,  $\frac{1}{4}$  of a nutmeg (grated), 1 cup seeded raisins, sufficient flour to make a batter. Cream butter, add sugar and eggs beaten without separating. Dissolve the soda in a tablespoon of water and add it to the mixture. Add spices and raisins, then stir in the flour. The batter must be sufficiently thick to drop from the spoon. Drop in shallow greased pan, and bake in a moderate oven for 15 or 20 minutes.—Mrs. A. MacGregor.

### DATE COOKIES

2 cups rolled oats, put through chopper, 2 cups flour, 3 tablespoons lard,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup sweet milk, 2 teaspoons baking powder, 1 pinch of salt. Mix as for cookies, roll thin and cut. Put together with filling.

#### Filling.

1 cup dates,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  cup brown sugar. Boil well, when thick put between cookies.—Mrs. Smith.

### GINGER COOKIES

$\frac{1}{2}$  cup shortening, 1 cup sugar, 2 eggs, 2 teaspoons baking powder, 1 cup molasses, 2 teaspoons ginger, cayenne pepper size of a bean, 2 cups flour. Cream shortening and sugar, add eggs, molasses, flour, baking powder, ginger. Drop by spoonfuls on buttered pan and cook in quick oven.—Miss Francis.

### FRUIT COOKIES

$1\frac{1}{2}$  cups sugar, 1 cup butter,  $\frac{1}{2}$  cup sweet milk, 1 egg, 2 teaspoons baking powder, 1 teaspoon nutmeg, 3 tablespoons raisins, enough flour to stiffen.—Mrs. Francis.

### JUMBLES

$1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter, 3 eggs well beaten, 1 teaspoon vanilla, 2 pinches of salt, 1 teaspoon soda dissolved in a little warm water, 1 cup broken walnuts, 1 lb. dates cut up, flour to make quite stiff. Drop in small spoonfuls on a greased pan and bake in a fairly quick oven.—Mrs. W. D. Rogers.

### MACAROONS

3 egg whites, 1 cup sugar,  $\frac{1}{2}$  teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  lb. cocoanut, vanilla. Beat whites of eggs stiff. Add sugar, beat, place over steam and cook thirty minutes. Add other ingredients. Drop on a well greased pan and brown in the oven.—Mrs. D. R. Foulds.

### SUGAR COOKIES

2 cups sugar, 2 cups butter, 3 eggs,  $\frac{1}{2}$  cup milk, 1 teaspoon soda, 2 teaspoons cream of tartar, pinch of salt, enough flour to roll (about 4 good cups).—Mrs. D. Cunningham, Joliet Avenue.

### OATMEAL DATE COOKIES

1 cup brown sugar, 1 cup shortening, 1 egg,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, 2 cups flour, 2 cups oatmeal. Roll thin. When wanted, fill with date paste made by boiling dates with a little water and adding a piece of butter. No sugar.—Mrs. D. Cunningham, Joliet Avenue.

### WALNUT ROCKS

3 eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup butter, 3 cups flour, 1 lb. dates or raisins, 1 cup shelled walnuts, 1 teaspoon soda dissolved in a tablespoon of warm water, 2 teaspoons cinnamon and allspice. Cook in very slow oven.—Mrs. Hicks.

### OATMEAL DATE COOKIES

2 cups rolled oats put through mincer,  $\frac{1}{2}$  cup white flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda put through sieve,  $\frac{3}{4}$  cup brown sugar,  $\frac{1}{2}$  cup butter. Mix altogether dry. Add no moisture. Keep out cups dates, 2 tablespoons sugar. Spread on top of oatmeal mixture, three tablespoons to sprinkle on top. Put on to boil 1 cup water, 2 Sprinkle the 3 tablespoons of oatmeal mixture on dates.—Mrs. G. H. Mann.

## OATMEAL WAFERS

2 cups rolled oats, 1 cup sugar, 1 tablespoon butter, 2 eggs, 1 teaspoon vanilla, 2 teaspoons baking powder. Mix together and drop on buttered tin.—Mrs. J. H. H.

## PIES

### MINCE MEAT

9 large apples, 1 lb. currants, 1 lb. raisins,  $\frac{1}{4}$  lb. lemon peel,  $\frac{1}{2}$  lb. chopped suet, nutmeg, 1 lb. boiled beef chopped fine, 1 lb. sugar. Mix altogether.—Mrs. Keddy.

### VEGETARIAN MINCE MEAT

3 lbs. apples, 1 lb. each of raisins and currants,  $\frac{1}{2}$  cup chopped carrots,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{4}$  lb. butter or suet,  $\frac{1}{2}$  lb. sugar, 1 teaspoon all spice, 1 teaspoon salt. Peel, core and chop the apples, stone and chop the raisins, clean the currants and chop the peel finely. Mix altogether, beat the butter and beat to a cream with the sugar. Add the other ingredients. Mix and seal in jars.—Mrs. Peter C. Collieson, Lincoln Park.

### FILLING FOR TARTS

1 cup brown sugar, piece of butter, vanilla, 1 egg.—Mrs. Ager.

### CHESS PIE

Beat yolks of 3 eggs until light, then add  $\frac{1}{2}$  cup sugar. Beat again.  $\frac{1}{3}$  cup butter rubbed to a cream. Mix altogether and add 1 teaspoon vanilla. Cook in pastry shell and cover with the whites made into a meringue.—Mrs. W. Currie.

### BANANA CREAM PIE

Cut in slices two bananas in bottom of crust, sprinkle over with cocoanut, pour a cream filling over all and beat up whites of eggs and spread on top and sprinkle with cocoanut.

#### Filling.

1 cup milk, 3 tablespoons sugar, yolks of 2 eggs, 2 dessertspoons corn starch.—Miss Francis.

### LEMON PIE

Beat yolks of two eggs, add the grated rind and juice of 1 lemon, one cup of sugar mixed with 2 tablespoons of flour, a small piece of butter, pinch of salt,  $1\frac{1}{2}$  cups of sweet milk, and fold in whites of the two eggs beaten stiff. Bake in a rich crust forty minutes in a moderate oven, and watch carefully as it browns quickly.—Mrs. J. H. Hicks.

### SWISS TART

2 tablespoons each of flour, cornflour, butter and sugar,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{4}$  teaspoon tartaric acid, 2 yolks of eggs and a little milk. Mix dry ingredients in basin with butter and make stiff paste with yolks and milk. Line two greased plates and bake half an hour in moderate oven. Stew 2 lbs. apples and lay on paste, then beat whites of eggs and put on top with pink sugar sprinkled over it. Stiffen in oven. This makes two tarts.—Mrs. J. Gilhooley.

### BUTTER SCOTCH PIE

1 cup brown sugar, 2 tablespoons flour, 1 tablespoon butter, 2 egg yolks, 1 cup boiling water,  $1\frac{1}{2}$  teaspoons vanilla. Mix sugar, flour and beaten yolks, add water, and cook in a double boiler until thick. Add vanilla and butter before taking it off. Turn into baked crust. Use whites of eggs for meringue, or whipped cream.—Mrs. D. Mitchell.

### CREAM PIE

2 cups milk, 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup corn starch, 1 tablespoon of butter. Put milk on to boil in double boiler. Mix flour and sugar together. Add eggs and beat altogether. Pour mixture into milk and cook until thick, then add butter and flavoring. Pour into baked crust. Use whites for meringue or whipped cream. For banana cream pie, same filling as cream pie, lining bottom of pie with bananas and a little cocoanut.—Mrs. D. Mitchell.

### AMBERINE PIE

Cover a half cup of seedless raisins with cold water, bring to boiling point and let stand for a few minutes while preparing the other ingredients. Mix together three fourths of a cup of sugar, one teaspoon cinnamon, half a teaspoon allspice, a scant half teaspoon cloves, one tablespoon flour and  $\frac{1}{8}$  teaspoon of salt. Combine the dry ingredients with half a cup of sour milk, one tablespoon vinegar, 1 tablespoon melted butter, the drained raisins and the beaten yolks of two eggs. Pour the mixture into pans lined with pastry and bake in a moderate oven until thick as a custard pie, about 30 minutes. Beat the whites of the eggs, fold in two tablespoons of sugar, spread the meringue on top of the pie and brown in a slow oven.—Mrs. D. Mitchell.

### IPSWICH PIE

Juice of one lemon or orange, 2 tablespoons flour, 1 cup sugar, 1 egg, 1 large or two small apples grated. Mix altogether and bake between two crusts.—Mrs. A. Gardiner.

### LEMON PIE

2 lemons,  $1\frac{1}{2}$  cups white sugar, 1 heaped spoonful corn starch, 2 eggs, 2 cups boiling water, 1 tablespoon butter. Mix grated rind of lemons with sugar, yolk of eggs, corn starch, juice of lemons and butter, then pour boiling water in and mix and boil altogether till thick. Pour into pie crust, then whip white of eggs and put on top and brown in the oven.—Mrs. W. H. Worsnop.

### CHEESE TARTS

3 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon cinnamon, 1 teaspoon water, 1 cup sugar, 1 cup currants, 1 teaspoon essence of lemon, 1 teaspoon cornstarch. Line patty pans with paste, add the filling and bake.—Mrs. Hicks.

### MEXICAN DATE PIE

1 cup granulated sugar, yolks 2 eggs, 1 cup sweet cream, chopped dates. Line pie plate with crust and put layer chopped dates on bottom. Add sugar, egg yolks and cream mixture, and bake. Beat whites of eggs stiff and sweeten. Spread over top and brown.—Jessie Culley, Sarnia.

### GREEN TOMATO MINCE MEAT

4 lbs. green tomatoes put through mincer and drained of water. Cover with cold water and bring to a boil and let stand half an hour, then drain. Do this three times to take off the tomato flavor, add to and boil till thick 2 lbs. brown sugar,  $\frac{3}{4}$  lb. currants,  $\frac{3}{4}$  lb. raisins,  $\frac{3}{4}$  lb. citron, lemon and orange chopped fine,  $\frac{1}{2}$  cup suet,  $\frac{1}{2}$  cup vinegar, 1 tablespoon salt. After all has boiled thick, add 1 tablespoon nutmeg, 1 teaspoon cinnamon, 1 teaspoon cloves.—Mrs. W. Currie.

### MOCK MINCE MEAT

1 package seeded raisins, 1 package seedless raisins, 1 lb. currants,  $1\frac{1}{2}$  lbs. apples, peeled and minced, 3 cups sugar, 1 orange, juice and a little peel, 2 Lemons, Half a pound candied peel, 1 teaspoon nutmeg,  $\frac{1}{2}$  lb. butter.—Mrs. J. W. Birchall.



### LEMON CHEESE

4 eggs, 2 cups sugar, juice lemons, rind of 1 lemon. Boil together little peel, 2 lemons,  $\frac{1}{2}$  lb. candied peel, 1 teaspoon nutmeg,  $\frac{1}{2}$  lb. till it thickens.—Mrs. R. Taylor.

### CHEESE TARTS

3 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon cinnamon, 1 teaspoon water, 1 cup sugar, 1 cup currants, 1 teaspoon essence of lemon, 1 teaspoon cornstarch. Line patty pans with paste, add filling and bake.—Mrs. Hicks.

### TRANSPARENT PIE

Beat together 1 whole egg and the yolks of 2 others. Add 2 tablespoons melted butter,  $1\frac{1}{2}$  cups of milk, 1 cup of sugar, a little nutmeg and salt. Beat altogether and bake with under crust only. When done, cover with a frosting made of 4 tablespoons of sugar and the whites of 2 eggs. Flavor with essence of lemon. Put back in oven and brown.—Mrs. Hicks.

### COCOANUT TARTS

1 egg, 1 tablespoon water. Mix enough cocoanut and sugar to make it thick, but not too dry. Line patty pans with paste. Put  $\frac{1}{2}$  teaspoon raspberry jam in each shell and about 1 teaspoon of cocoanut mixture on top. Bake in moderate oven.—S.M.H.

### BANANA PIE

1 cup banana pulp, 1 cup sugar,  $\frac{1}{2}$  cup powdered cracker,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla, 1 egg,  $\frac{1}{2}$  cup cream, grated rind and juice of 1 lemon, or 2 tablespoons molasses. Mix and bake until firm in a pan lined with pastry.—Mrs. E. Beatt.

### CANNING PUMPKIN OR SQUASH FOR PIE FILLING

Pare, core and cut up. Boil for 30 minutes, drain and mash to a pulp. To each quart add 1 cup sugar and 1 teaspoon salt. Pack in sterilized jars. Put on rubbers and tops and partially tighten tops. Sterilize 1 hour. Tighten tops and store.—Mrs. W. Jacobs.

### LEMON PIE

3 eggs, 1 cup sugar, rind and juice of 1 lemon, 2 tablespoons hot water, salt. Mix egg yolks with  $\frac{1}{2}$  cup sugar. Add rind and juice of lemon, and 2 tablespoons warm water. Cook in double heater until thick. Add stiffly beaten whites and  $\frac{1}{2}$  cup sugar folded in. Fill in pie crust previously baked and brown in oven. Serve hot or cold.—Miss M. Brown.







